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- ✓ Shed kilos

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Tiff Hall & mum Jeanette

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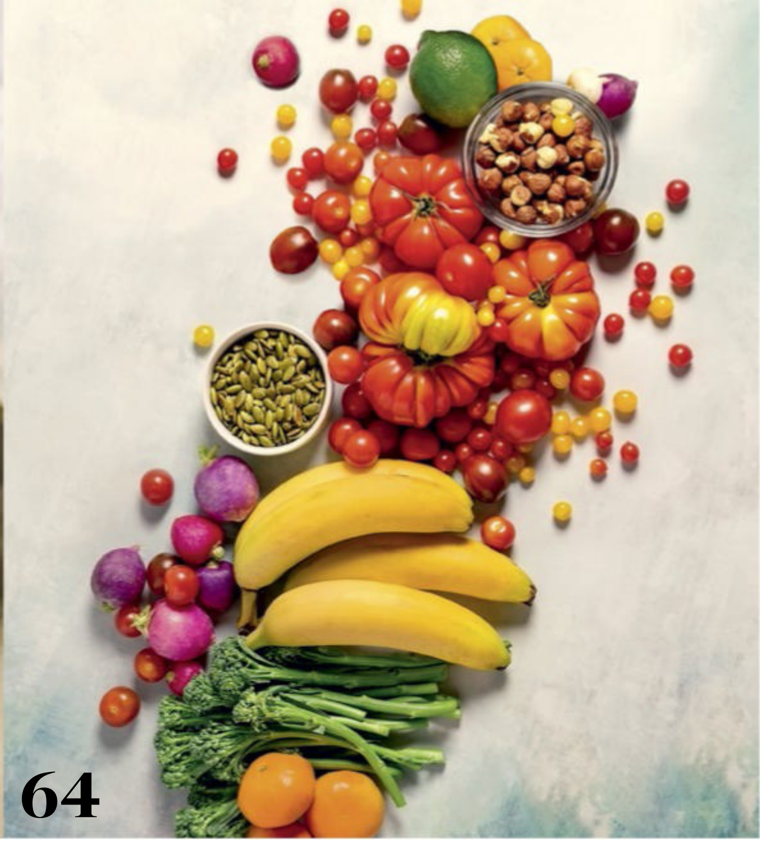
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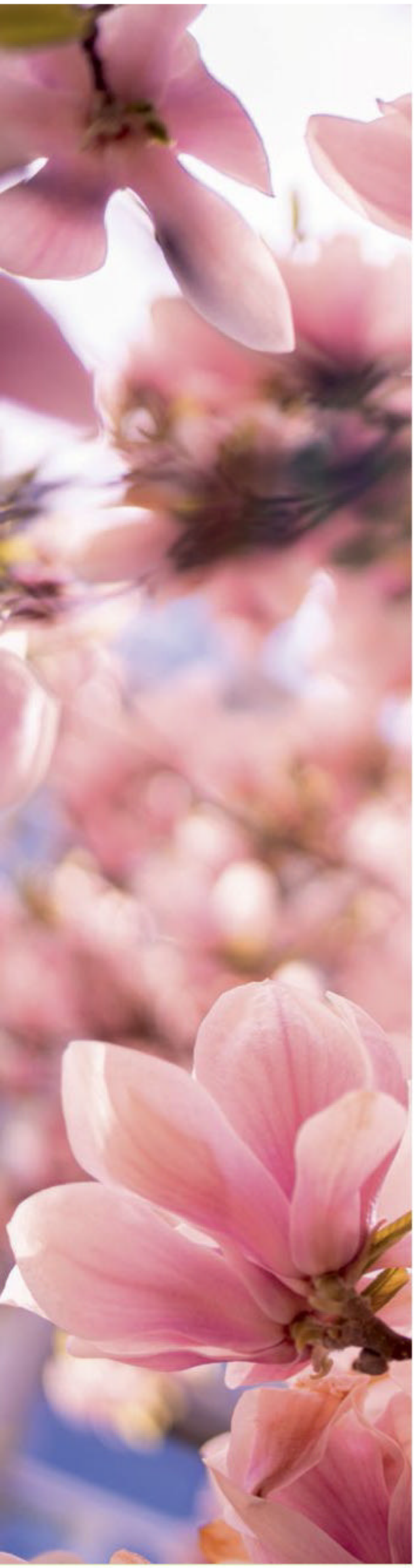

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ON THE COVER

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Hair and make-up Julia Green
Tiffiny wears TXO activewear; her own shoes. Jeanette wears TXO activewear; Bared Footwear shoes

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Living by the book

It was a chilly autumn morning when this month's cover stars, Tiffiny Hall and her mum, Jeanette, burst into a warehouse studio in Melbourne. The energy that blew into the room with them was electric. Both are elite-level taekwondo instructors and, as they explain on page 52, their dedication to fitness informs so much of their personalities and how they live their lives. I have to say their energy is infectious. I've been keen to bring these two fabulous women together on a *Prevention* cover since just before the pandemic. Sadly, Melbourne's lengthy lockdowns put paid to two attempts to get them in front of our camera. So, it was especially nice to join them for this third-time lucky! I hope you find their story as inspiring as I do.

Inspiring, too, is the wonderful community of you, dear readers, that supports this magazine. It's been a privilege to see you at all the morning tea events we've held over the years in both Sydney and Melbourne, and then to join you virtually on our annual 10K walking challenges. Also, to get your valuable feedback on our podcast series, *Thriving in Menopause*, where so many inspiring women share their wisdom and personal stories. It's funny now to think what a risky business it seemed to launch a podcast four years ago that talks loudly about menopause, before so many high-profile women dared to speak candidly about hitting this midlife milestone. So, it's bittersweet that this is my final editor's letter as I move on to other projects and pass the baton on to new editor Donnay Torr. You may already be familiar with Donnay's byline on our pages.

Working at *Prevention* for the past six years has, quite literally, changed my life. Thanks to the inspiring health and wellness experts I've met along the way, I've made so many incremental changes to my daily habits to better my health. I hope that each new instalment of *Prevention* does the same for you. Enjoy this issue!

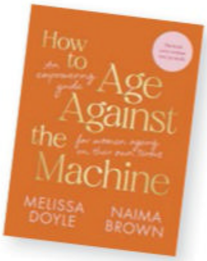
Andrea

ANDREA DUVALL
EDITOR

PHOTOGRAPHY (MAIN): JEREMY GREIVE; ISTOCK

Things we're loving...

LIFE MANUAL
Journalists Melissa Doyle and Naima Brown offer an empowering guide on every aspect of growing older in How to Age Against the Machine (Hardie Grant, $45), booktopia.com.au


How to Age Against the Machine
an empowering guide for women ageing on their own terms
MELISSA DOYLE
NAIMA BROWN

MOR
COFFEE PALACE
MOR

SCENT-SATIONAL
The Coffee Palace Fragrant Candle from MOR mixes the comforting aroma of fresh-brewed coffee with berries, vanilla and spices in a soy wax candle. $54.95, morboutique.com

SPLASH OUT
On the wettest days, stay active in these cheerful Bobbi gumboots. $149.95, merrypeople.com

this *or* that?

We asked for your views.*
Here's what you said.

Q HAVE YOU TRIED WEIGHT TRAINING?

52% *I use light weights at home/gym*

18% I PREFER CARDIO ONLY

15% **I'M ALL ABOUT HEAVY LIFTING**

15% *Bodyweight resistance exercises for the win!*

Q HOW MANY STEPS DO YOU AVERAGE DAILY?

39% **TEN THOUSAND!**

38% *Seven thousand*

23% THREE THOUSAND FIVE HUNDRED

Q HOW OFTEN DO YOU WASH YOUR BATHROOM TOWEL?

62% *Once a week*

23% **I REPLACE MINE EVERY COUPLE OF DAYS**

14% ONCE A FORTNIGHT

I never wash it 1%

Q HOW DO YOU STAY ORGANISED?

33% *I start my day by writing a to-do list*

I'M LOST WITHOUT MY DIARY 25%

23% **I PREFER MORE OF AN 'ORGANISED MESS'**

19% *My Google calendar is my personal assistant!*

*Results sourced from polls conducted on *Prevention*'s Instagram @preventionaus

PHOTOGRAPHY: ISTOCK

Pulse

MORE JOY, LESS STRESS – FOR A HEALTHIER, HAPPIER YOU

> When you start recognising that you're having fun, life can be delightful.
>
> Jane Birkin

PHOTOGRAPHY: ISTOCK

WATER WELL

Beach walks, kayaking, lazing in a steaming tub... The restorative effects of water have long been thought to enhance mental health and combat stress. The Ancient Greeks used thermal treatments to harness the power of aquatic environments, while Victorian-era society prescribed sea air as a treatment for melancholy. Not to mention the popularity of ice baths and cold-water swimming (brrr!), used to ease pain and help treat autoimmune inflammation. More recently, a study published in the journal *Scientific Reports* found that people who lived near so-called 'blue spaces' (areas close to or surrounded by bodies of water) had lower risks of mental health issues, while an earlier survey of 18 countries, published in the same journal, found that those who visited blue spaces more frequently reported less mental distress and better overall wellbeing. You don't have to live next door to the beach, either: rivers, pools and bubbly bathtubs all count, research shows!

3 HEALTH-CHANGING APPS

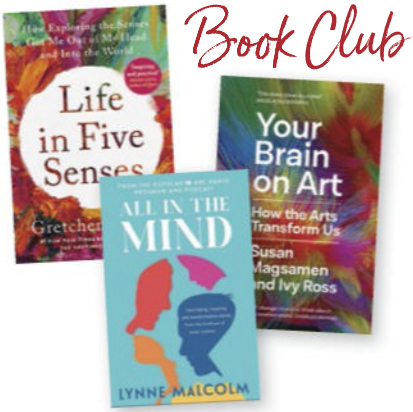
Practical wellbeing tools at your fingertips!

Streaks Need to develop a new habit? This app lets you log all the good stuff you get done, helping you ingrain healthy behaviours.

Shine Get a daily dose of mental wellness to inspire brighter days and a happier you. It has a best app of the year award under its belt, too.

Ten Percent Happier Access practical teaching, alongside guided meditations, to help make mindfulness a habit you do everywhere.

Prevention AUSTRALIA
Book Club



UPLIFTING GOOD READS

Life in Five Senses

By Gretchen Rubin
(Hachette, $34.99)
The bestselling author of *The Happiness Project* swaps being 'stuck in her head' for immersion in the worlds of smell, taste, touch, sight and sound – with life-changing effects. Her insights are inspirational.

Your Brain on Art: How the Arts Transform Us

By Susan Magsamen & Ivy Ross
(Allen & Unwin, $45.40)
The authors take you on a life-altering journey through the science of neuroaesthetics, showing how activities, from painting and dancing to writing, architecture and more, are essential to healthier lives.

All In The Mind

By Lynne Malcolm
(HarperCollins, $34.99)
Inspired by the popular ABC Radio National program and podcast, this book is a fascinating journey through the human mind: stories about sleep, dreaming, memory, identity, the mind-body connection… And how new knowledge about the mysteries of the human mind is changing lives for the better.

Scan the QR code to find these great reads and many more of our handpicked favourites at Booktopia.

WORDS: DONNAY TORR. PHOTOGRAPHY: ISTOCK

What is a sound bath?

This ancient practice, involving chimes, gongs and bowls (you're bathed in sound, not water), might seem strange at first, but it could be just what you need to wash away your stress.

WHAT IS IT?

If you've ever left a live music concert with your body feeling tingly, that's a clue to the kind of high you might experience from a sound bath. Available at spas, retreats, gyms and clinics, these trendy meditative-listening sessions purport to improve mental health, enhance a sense of spirituality and help heal the body. Do these health benefits ring true? Let's hear from an expert on the subject.

HOW DOES IT WORK?

In a sound bath, you lie or sit in a relaxed position while a practitioner uses a wand to strike a gong, Tibetan bowls and other ancient instruments. It's about not just what you hear, say fans of the practice, but also how the sound resonates through you. "The electrical activity of your organs, brain, heart and central nervous system generates electromagnetic fields in your body," explains psychiatrist Dr Helen Lavretsky. She says that this vibrational field reacts to other electromagnetic stimuli, such as music or other sound. "The reverberations that cause the bowl to 'sing' oscillate at frequencies that resonate with you."

WHAT ARE THE HEALTH BENEFITS?

One small study found that an hour-long session with singing bowls lessened fatigue, anxiety, anger and tension while increasing feelings of wellbeing. Another study showed that certain sounds could help relieve tinnitus (chronic ringing in the ear). According to Dr Lavretsky, who studies the effect of such integrative practices, the harmonious, calming sounds can relax your muscles and cause your breathing to slow and your heart rate and blood pressure to drop. "This activates the parasympathetic nervous system, releasing endorphins and suppressing the fight-or-flight response," she says.

SHOULD YOU TRY IT?

If you find meditating difficult, a sound bath can be an effortless shortcut to calm. Since no licensing is required for sound therapists, Dr Lavretsky recommends asking around for recommendations (Google 'sound baths' or 'sound healing'), starting with a single session and listening to your body. "If you feel uncomfortable, it's okay to get up and leave," she says. **P**

WORDS: SHARLENE BREAKEY. PHOTOGRAPHY: ISTOCK

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Health

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TEST OF FREEDOM

A groundbreaking new blood test, developed by Australian medical tech company Proteomics International, could change the lives of the one in nine Aussie women who suffer from the chronic pain of endometriosis. With endo symptoms frequently incorrectly identified or dismissed, an accurate diagnosis currently takes an average of more than seven years and involves an invasive surgical procedure. While more research is needed before the promising new diagnostic tool is ready to hit the market, it correctly diagnosed up to 90 per cent of endometriosis cases in a study of more than 900 participants. The researchers hope the test will lead to faster detection and fewer misdiagnoses of the debilitating condition.

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

GROUND RULES

Can't imagine starting the day without a caffeine jolt? There's a good chance you're more active but less rested than your uncaffeinated counterparts. When US researchers evaluated the impact of coffee consumption on various measures of health, they found that coffee drinkers took about 1000 more daily steps but got about 30 minutes less sleep than those who abstained. Drinking coffee, they found, didn't impact blood sugar levels or result in a higher instance of irregular heartbeats (a common but usually harmless condition – still check with your GP, though). The bottom line? You can have your latte and drink it, too.

Highway to hell

Traffic noise may be more than just annoying, says a UK study. Researchers found that people who lived near high levels of road noise were more likely to develop high blood pressure than those who lived on quiet streets. Time for double glazing?

51%

The number of people around the world predicted to be overweight or obese by 2035.

SOURCE: WORLD OBESITY FEDERATION

Long hard look

As companies around the world test-drive a four-day work week, a University of South Australia study has shown that, indeed, long weekends are good for your health. Participants' behaviours were measured while they were on holidays of varying lengths, including three-day breaks. Compared with when they were in their regular routine, they engaged in 13 per cent more moderate to vigorous exercise, were 5 per cent less sedentary and slept 4 per cent more each day. Even after a short break, their sleep duration remained higher for two weeks. The researchers concluded that three-day weekends could have positive effects on physical and mental health. Sign us up!

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

What's up with...

COLD HANDS AND FEET

Feel like you've always got ice packs on your extremities? Here's why.

Sure, your fingers and toes may freeze up when walking through a bitter winter wind. But, if you experience cold hands and feet even when it's warm or when the heater is on, something else may be causing the icy sensation.

WHY DO HANDS AND FEET GET SO COLD?

Fingers and toes don't have the same muscle and fat layers that the rest of your body uses to stay warm, so they're often the first body parts to feel cold, says internal medicine specialist Dr Meghann Kirk. Plus, these extremities are located far from the heart and have smaller blood vessels, meaning less blood flow to keep them warm. If you're dieting or have lost significant weight recently, your metabolism may have slowed down because your body is trying to preserve energy, which could also make your hands and feet feel chillier.

A FEW MORE REASONS YOU'RE FEELING THE CHILL

1 **YOU SIT TOO MUCH** "When you don't exercise regularly, your muscles and blood vessels can become weaker and less efficient, leading to poor circulation," says exercise and nutrition scientist Kathleen Alleaume. "Doing regular exercise can help improve blood flow and circulation by strengthening the heart and blood vessels. Plus, this can increase the delivery of oxygen and nutrients to the body's tissues, including the hands and feet."

2 **YOU'RE THIRSTY** Dehydration can cause blood vessels to constrict, reducing blood flow, making your hands and feet cold, explains Kathleen. So, drink up – and keep that water bottle handy to ensure you stay hydrated.

3 **ANAEMIA** Low iron levels can lead to anaemia, a lack of red blood cells that carry oxygen around your organs and tissue, including your hands and feet. Turn things around by increasing your intake of iron-rich foods, such as red meat, spinach and legumes. Anaemia also tends to cause chronic tiredness, so check with your GP.

WORDS: ARIELLE WEG AND ANDREA DUVALL. PHOTOGRAPHY: ISTOCK

Bosom buddies

Sitting within your bra top is a set of organs that do seriously important things for you – and need your attention, too. Here are just some titbits.

1

SOFT, YET PRODUCTIVE

Your boobs are made up of a complex system of fat, glands and ducts. Everyone's breasts – yes, blokes', too – have all the equipment required to produce and secrete milk. The key to milk delivery, though, is the hormone prolactin, which triggers milk production, and men typically don't have much of this. Of course, breasts are much more than milk machines. The nipples are full of sensory nerves, which, when stimulated just right, can provide sexual pleasure.

2

BREAST SIZE IS HEREDITARY

Your breast size can be influenced by either your mother's or father's genes. And their shape is determined by each person's unique composition of glands, fat and fibrous tissue. (It's why bra sizes range from AAA to H.) It's also common for one breast to be about one fifth larger than the other.

3

LUMPS CAN COME AND GO

Because breasts change during your life, it's important to know which bumps are normal for your breast tissue – especially if breast cancer runs in your family or if you carry one of the BRCA genes. Doctors advise performing a self-exam three to five days after your period. If you notice changes in breast look, feel or size or find any hard knots, check with your GP; they can do further exams. The good news is that, while lumps are common, most aren't cancerous, and breast cancer is highly treatable, especially when caught early.

4

SAGGING IS INEVITABLE

Why do breasts sink over time? Because the amount of fat tissue increases, while the ligaments become looser, encouraging breasts to drop. Other culprits that cause sagging include gravity, smoking and sleeping. In fact, some reports show that snoozing on your stomach can actually change the shape of your breasts.

5

Hormones can change breast size

During the second half of the menstrual cycle, oestrogen and progesterone levels rise and can cause the milk ducts in breasts to grow in size (in preparation for a maybe-baby), making the boobs swell as much as a full cup size. The average breast size in Australia is 12DD, according to a University of Wollongong study.

6

BREAST DENSITY MATTERS

About 40 per cent of women have 'dense breasts', which means there's less fatty tissue and thus an increased risk of breast cancer (BreastScreen Victoria is currently investigating the link). Having a breast screen every two years is still the best way to detect breast cancer early, and mammograms can usually find lumps two to three years before you can feel them.

WORDS: ADELE JACKSON-GIBSON AND ANDREA DUVALL. PHOTOGRAPHY: ISTOCK

Get more energy, FAST

Handy expert-backed tricks to give yourself a bump when you need it.

BY ALYSSA JUNG

Fast fact

Eating regular meals every two to three hours helps keep energy levels steady and avoid the afternoon crash.

SOURCE: NUTRITION AUSTRALIA

It's 3pm and you need a jolt to power you through the rest of the day. You know that biscuits from the tin in the office kitchen, or a third cup of coffee, might not be the smartest option (hello, sugar/caffeine rush, then crash!) – but when you're desperate, you'll try anything, right? Well, there's a better answer...

NEXT TIME YOU'RE DRAGGING, TRY THIS THREE-STEP SOLUTION FOR MORE ZIP

WHEN YOU START TO SLUMP

BREW A CUP OF GREEN TEA

"Green tea provides a smooth energy boost because it has caffeine, but only about half of what you'll find in coffee," says dietitian Dawn Jackson Blatner, author of *The Superfood Swap*. "It also has a compound called L-theanine, which gives you 'focused' energy instead of the jittery kind."

BOOST IT: Once tea brews, mix in a little cold water to make it lukewarm. Then consume it all within five minutes. "Drinking it quickly lets your body get those energising benefits faster than sipping it over a longer period of time," says emergency physician Dr Darria Long. It's fine to add a little natural sweetener, like honey, if that's how you like it.

NEXT, DO THIS

DOWN A CUP OF WATER, AIMING TO FINISH IT WITHIN A FEW MINUTES

"It'll counteract any dehydrating effects (which can make you snoozy) from the caffeine jolt, and it also helps you cover your bases in case dehydration was causing your fatigue in the first place," says Dr Long. "We lose fluid all day in ways we aren't even aware of, such as through sweating, when we go to the bathroom and even just breathing."

BOOST IT: Add electrolytes, such as sodium and potassium, to your H_2O to maximise hydration – it helps water enter your cells. "Mix coconut water with a pinch of sea salt, or mix plain water with ¼ cup of orange and a pinch of sea salt," says Dawn.

FINISH WITH THIS

GO ON A POWER WALK

But not in silence – listen to some music or call a friend for a quick catch-up. "Walking improves blood flow and releases endorphins that make you feel lively, and giving your brain and body a break from your environment is a mini reset," explains Dr Long. "The added layer of a good playlist or chat can deliver (the feel-good hormone) dopamine, too, which further combats tiredness."

BOOST IT: Turn your brisk stroll into walking snack time. Dawn suggests a combo of fibre-filled produce and a protein. Try an apple and almonds or peas and a hard-boiled egg.

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Fitness

FEELING STRONGER, FITTER AND FIRMER AFTER 40 STARTS HERE

Cool moves

When hot flushes leave you feeling like a human sauna, the last thing on your mind is to work up even *more* of a sweat. But a review published in the journal *Menopause* reveals that engaging in regular moderate-intensity exercise might be just the cure for those annoying internal heat waves. Both aerobic and resistance training were found to be associated with a reduction in self-reported hot flushes, leading the researchers to conclude that women should be recommended the benefits of exercise in managing their symptoms. So, next time you feel the heat rising, lace up your trainers and embrace the steam!

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: GETTY IMAGES

LIVER MORE ACTIVE LIFE

Need another reason to hit your daily step goal? A new US study has found that meeting the recommended 150 minutes of weekly moderate-intensity exercise, such as brisk walking, can substantially reduce liver fat in people with non-alcoholic fatty liver disease. This condition affects one in three Australians and can lead to liver scarring, cirrhosis and liver cancer. While previous research had found physical activity to be beneficial for sufferers, this is the first time researchers uncovered the magic number of minutes that leads to a clinically significant reduction in liver fat of at least 30 per cent. Every step counts!

Pushing harder

Struggling to stick to your workout plan? A motivated coach could be the answer. A US study found gym goers were more likely to take on advice from a trainer who put a lot of effort into their work (versus just being qualified). Who said pushy people were annoying?

3 to 4

The number of one-minute daily bursts of huffing and puffing that could prolong your life.

SOURCE: UNIVERSITY OF SYDNEY

Easy on the brain

Why do some people bounce out of the gym while others have to peel themselves off the floor? According to US researchers, brain levels of the feel-good chemical dopamine play a critical role in our perception of effort. Participants with Parkinson's disease – a condition in which dopamine-producing cells die off – evaluated how much effort they'd put into a physical task. Those who hadn't taken synthetic dopamine overreported their efforts and found the task harder than those who had taken medication. The researchers believe their findings could lead to novel ways of helping people stick to exercise programs as well as new treatments for ongoing fatigue.

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

ADVERTISEMENT

I was desperate over my HAIR!

It was both thin and very fine, and I seemed to have lost a lot of hair.

before

Tina is 55 years old and is working as a preschool teacher. "After having my children, I was really desperate to improve the condition of my hair. My scalp was almost visible and I felt really sad about it – it does something to one's self-confidence."

"The whole thing started when I had my first baby, now 31 years ago. My hair changed quality, and I became more and more desperate with its condition. My hair became so thin I could see my scalp. I believed that this was the way it was going to stay for the rest of my life, but now I take Hair Volume™ with biotin, which has had a great impact on my hair."

MY SISTER RECOMMENDED HAIR VOLUME™

"Years back I was told that my hair follicles were blocked because of hair styling products. I have since tried a lot of products, everything from strong vitamin B to different hair shampoos and oil products. But nothing happened!

My sister is a shop assistant in a health food store and she recommended that I try Hair Volume™. As she told me, the customers come back again and again to buy these tablets and they are saying that they cannot live without them, so my sister thought they were worth trying."

FANTASTIC HAIR GROWTH

"Thin hair seems to run in my family, so it feels so fantastic that I now have to have a haircut every month. The last time I went to my hairdresser, my stylist said, 'Tell me what have you done to your hair. It feels stronger and in much better condition.' My hair is an important part of my self-confidence and now looks better than ever, thanks to the Hair Volume™ tablets."

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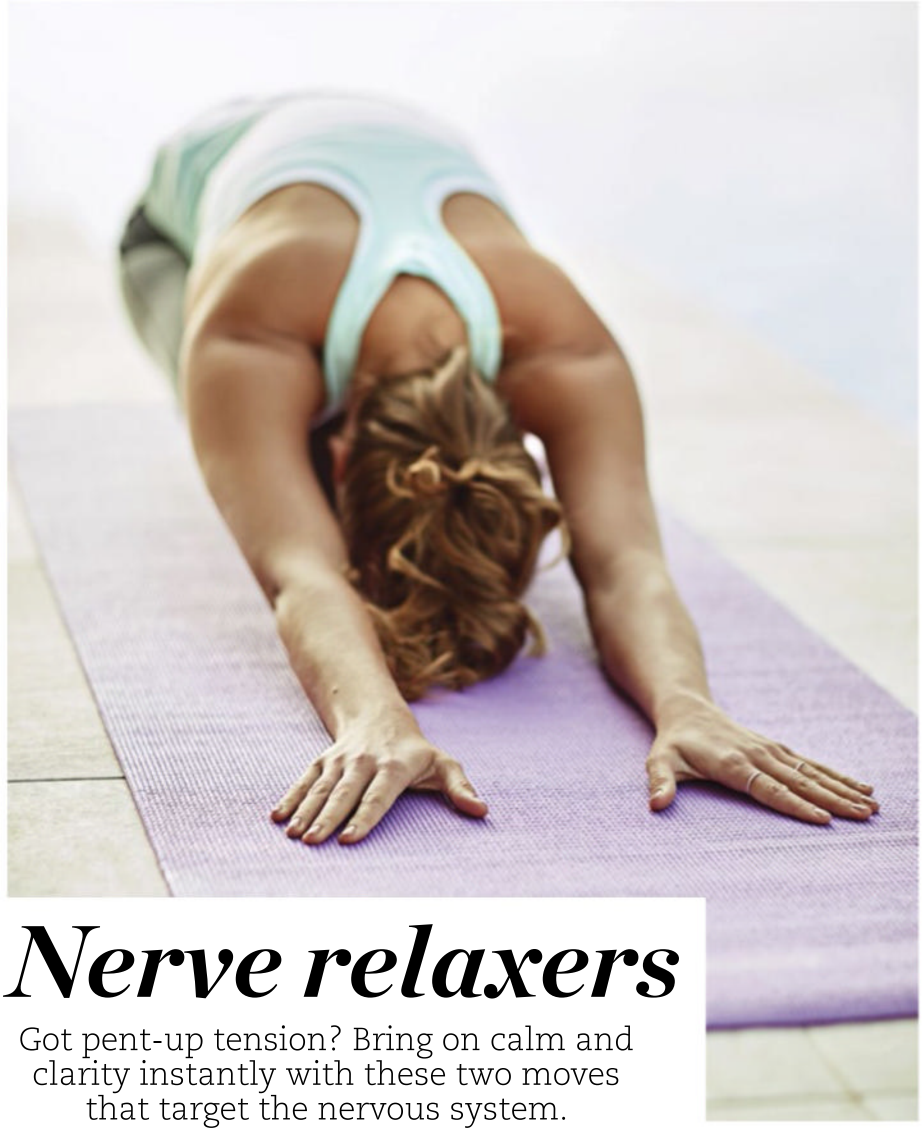
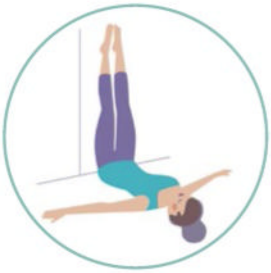


Nerve relaxers

Got pent-up tension? Bring on calm and clarity instantly with these two moves that target the nervous system.

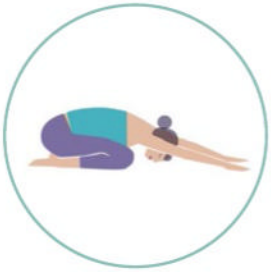


Legs-up-the-wall pose

This relaxing move quiets the nervous system and the mind while relieving fatigue at the same time. "It nourishes the immune system as the lymphatic fluids move by gravity through it," explains yoga instructor J. Michael Taylor. "The brain is also bathed in blood, and the fresh supply of blood in the neck and chest region calms the nervous system." Because your head isn't above your heart in this pose, the sensors in your neck and chest area think your blood pressure has risen, so they lower it in response. "It's a powerful reflective pose," Michael says.

How to do it:

Sit on the floor with one side of your body grazing a wall. Swing your legs up against the wall and lower your back and head to the floor, keeping legs straight. Place hands out to sides, palms facing up. Breathe deeply, relaxing into pose. Hold for one to five minutes.



Child's pose

Restorative poses, like the child's pose, will calm your brain after a stressful day. "They help kick in the relaxation response, balancing the nervous system and optimising energy flow to the organs," says therapeutic and restorative yoga instructor Jillian Pransky. "This relaxation is known to lift immune function, enhance the process of digestion and set the whole body up for deep healing, growth and repair. It also helps you release habitual tension, making you more comfortable and at ease in your body." This release happens specifically in your neck, back and shoulders while calming your nerves and lowering your blood pressure.

How to do it:

Kneel on a mat with your big toes touching and knees mat-width apart. Lower your torso between your knees. Rest your forehead on the mat and extend your arms. Breathe deeply, holding for one to five minutes. P

PHOTOGRAPHY: ISTOCK. ILLUSTRATIONS: PREVENTION US

Huff and PUFF

Keep active during winter with these super-warm puffer jackets.

FAIRY FLUFF Sprinkle some maximalist joy with this lightly wadded, high-collared jacket. **Elk The Label Kudde Puffer, $279, elkthelabel.com.au**

GREEN LIGHT Warm and light, with a cinchable waist and adjustable hem. **Lululemon Wunder Puff Jacket, $289, lululemon.com.au**

PINK DIFFERENT Stand out from the pack with this cosy classic. **The North Face 1996 Retro Nuptse Vest, $350, thenorthface.com.au**

SLICK MOVES Hit the streets in style with this high-shine take on utilitarian wear. **Victoria Beckham x Reebok Puffer, $420, reebok.com.au**

EARTHENWEAR Using recycled materials, it's a sustainable take on an old fave. **Kathmandu Heli R Hooded Down Jacket, $249.98, kathmandu.com.au**

COLOUR RUN Pound the pavement with ease in this super-lightweight jacket. **Uniqlo Ultra Light Down Parka, $129.90, uniqlo.com/au**

WINTER CROP Complement your figure – and keep toasty – with this cropped puffer. **Country Road Zip Detail Puffer Jacket, $249, countryroad.com.au**

PIECE OF ART Indigenous artist Linda Puna's striking work makes this vegan jacket a must-have. **Unreal Fur Awari Reversible Puffer, $479, unrealfur.com.au**

COMPILED BY DONNAY TORR

Active duty

Burn more kilojoules with everyday chores and actions.

Struggling to make time for the gym? You may be burning more energy than you realise by simply 'being' – and tweaking how you do what you already do could have significant healthy knock-on effects.

Non-exercise activity thermogenesis (or NEAT) is a fancy way of describing the energy you burn to do everything during the day that isn't sleeping, eating or purposeful exercise (such as organised sports or running). NEAT happens when you're walking around the office or home, gardening, cleaning the house or even fidgeting (a lot). This activity really adds up – and can have a profound impact on weight loss, too, because how you move throughout the day contributes to a lot more energy usage than a single exercise session.

Moving signals your mitochondria (aka the powerhouses of cells) to produce more energy, not just during 'planned' exercise, but all day long. The kicker? A US study has shown that even just thinking of (and, consequently, treating) NEAT activities, such as housework or gardening, as actual exercise could help you burn more energy and get healthier to boot. We break things down further, opposite.

WORDS: DONNAY TORR. PHOTOGRAPHY: GETTY IMAGES

Increase your NEAT activity by cleaning more vigorously, stretching higher or squatting lower while gardening, doing walking phone calls, or manual whisking or walking on the spot while cooking. Bring your grocery bags in one by one (more steps!) doing arm curls while you're at it, or fidget more while at your desk (chair swivels, torso twists, arm stretches).

FEEL THE BURN:

HOUSE CLEANING: Half an hour of general cleaning, such as dusting, burns **444kJ** (106 cal). Vacuuming burns **293kJ** (70 cal; level up by adding alternating lunges), while doing and folding the laundry blitzes another **293kJ** (70 cal). Bonus points for a squat after hanging each item of washing!

GARDENING: Half an hour of digging up weeds burns **736kJ** (176 cal). Mowing the lawn? **590kJ** (141 cal) for 30 minutes.

COOKING: Thirty minutes of prep costs **293kJ** (70 cal).

SHOPPING: Three hours of walking around at a leisurely pace burns a massive **2092kJ** (500 cal). Not bad, hey?

TROLLEY PUSHING: Thirty minutes of wandering up and down the aisles of the grocery store burns about **444kJ** (106 cal), with the number increasing as the trolley gets heavier.

MOVING FURNITURE: You're looking at about **1423kJ** (340 cal) an hour. Remember to lift with your legs, not your back.

DOG WALKING: Thirty minutes torches about **418kJ** (100 cal). An hour's play with an active dog or playful cat can burn up to **1138kJ** (272 cal). Your pet will get some good exercise, too.

FIDGETING: Multiple studies suggest that fidgeters can burn up to **1464kJ** (350 cal) per day. Try not to be too annoying, though!

LAUGHING: Fifteen minutes of cackling can burn up to **167kJ** (40 cal) a day. Adding more laughs to your life is a great way to improve your overall health and happiness, too.

SEX: Thirty minutes burns between **335 to 418kJ** (80 to 100 cal). It's not only enjoyable, but also helps strengthen your relationship.

HUGGING: One hour of embracing can cut **293kJ** (70 cal).

MAKING MUSIC: Playing guitar while standing: **837kJ** (200 cal) an hour. The violin? **732kJ** (175 cal). But master the drums or trombone and you'll burn a whopping **1172kJ** (280 cal) an hour!

SINGING: Warbling away while you go about your day can torch up to **628kJ** (150 cal) an hour. Add some hip wiggling and hand claps to the mix and you're all set.

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Nutrition

BETTER HEALTH, MORE ENERGY AND USEFUL, EXPERT-APPROVED ADVICE ON A PLATE

Oil spill

Healthy they may be, but are all olive oils equal? The proof is on the label, as we decode below.

Cold-pressed

Refers to oils extracted physically by a machine, without chemicals or too much heat (which can destroy its beneficial antioxidants). Keep in mind that the resulting oil can still be refined after the extraction process, so this term doesn't necessarily indicate quality, but it's still a step in the right direction.

Extra virgin

Thanks to the way it's extracted, extra virgin olive oil maintains all its flavour and is packed with health-giving polyphenols and monounsaturated fatty acids, too. This is your gold standard of nutrition and flavour. Oh, and did we mention it's an excellent companion for sourdough and a mixed leaf salad?

Refined

Unless a label says 'virgin' or 'unrefined', it's probably refined – meaning it underwent a filtering and straining process, sometimes with added heat – or it's a blend of treated and unprocessed oils, so it contains fewer nutrients. To add extra flavour, aroma and colour, simply blend with a small portion of extra virgin olive oil.

AND ONE LAST THING: When in doubt, check the label for the Australian Olive Oil Association's Certified Quality Seal – it's only awarded to olive oils that meet the highest quality standards.

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

NUT TOO BAD

Boosting your mood could be as simple as adding a handful of nuts to your daily diet. A study, published in the journal *Nutrients*, found that people who ate 42g (a large handful) of mixed tree nuts a day experienced a significant increase in the feel-good brain chemical serotonin – 60 per cent after 12 weeks and more than 80 per cent after 24 weeks. The reason, the researchers discovered, is that tree nuts increased blood levels of tryptophan, an amino acid that plays a crucial role in serotonin production. Ready to get your happy on? Munch on almonds, cashews, hazelnuts, Brazil nuts, macadamias and pistachios.

2.6

The number of serves of vegies (half the recommended) that Aussies are consuming each day.

SOURCE: LIVING HEALTHY REPORT 2023

Eating up memory

Keen to keep your neurons firing? Add more magnesium to your diet, say Australian National University researchers. When they studied 6000 cognitively healthy people, aged 40 to 73, they found that those who consumed more than 550mg of magnesium a day shaved a year off their brain age compared with those who only had 350mg (the RDI for women over 30 is 320mg a day). The effect was more pronounced in women than in men, and the researchers concluded that a higher intake of magnesium-rich foods could help stave off dementia. So, how can you add this super-nutrient to your diet? Spinach, almonds, pumpkin and chia seeds, soy milk and avocado are all rich sources.

Peak season

Savoury snackers, take note: a review published in *Hypertension* found that women are more salt sensitive than men, meaning they're more likely to retain excess dietary salt and develop high blood pressure. Try to limit your daily salt intake to 460 to 920mg.

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

Chia, there and everywhere

Not only can chia seeds be enjoyed in everything from wholegrain bread to tasty desserts, but they also come packed with a slew of health benefits.

2

This number of tablespoons provides 20 per cent of your RDI of phosphorus, which helps repair cells.

SOURCE: FOODDATA CENTRAL

Whether you like an açaí bowl in the morning or a chia pudding every now and then, chia seeds can be a little secret weapon for your health. These tiny (but nutritionally mighty) black and white seeds come from the desert plant Salvia hispanica, a member of the mint family, and are a great form of dietary fibre, which can help promote feeling full for longer. They're also a complete protein, containing all nine essential amino acids that cannot be made by the body. That's good news for vegetarians, as the most common sources of complete protein are animal-based foods, such as dairy, eggs, fish, meat and poultry.

Furthermore, chia seeds are loaded with antioxidants, substances that help protect your cells against free radicals, which can play a role in cancer, heart disease and other health problems. Oh, and did we mention that they contain healthy omega-3 fatty acids, which have been shown to help prevent heart disease and stroke? Omega-3 fatty acids may also help control eczema, lupus and rheumatoid arthritis.

Consuming chia seeds may assist with blood sugar regulation, too. A 2013 study found that eating bread containing chia seeds helped lower post-meal rises in blood sugar among healthy adults, compared with eating bread without chia seeds.

As well as being a flavoursome addition to breakfast, dessert and even salads, you can also find chia seeds in some varieties of bread and baked goods. Why not start your day with a little chia goodness with this delicious brekkie pudding (left)?

CHIA AND MIXED BERRY BREAKFAST PUDDING

SERVES 2 **HANDS-ON TIME** 5 MINS, PLUS CHILLING TIME

2 cups almond milk
½ cup chia seeds
½ teaspoon vanilla extract
1 small ripe banana, mashed
4 tablespoons Greek-style yoghurt
1 cup fresh or frozen mixed berries (thawed)
1 tablespoon toasted (unsalted) almonds, chopped

1. Place almond milk, chia seeds, vanilla and banana in a large bowl and stir well to combine. Put bowl in the fridge and leave overnight.

2. When ready to serve, divide chia mixture between two medium-sized bowls or large glasses (as pictured above). Top with yoghurt, berries and nuts and serve.

WORDS: ASHLEY MARTENS. PHOTOGRAPHY: ISTOCK

5 things that'll happen in Dry July

If you're toying with cutting back on that regular wine at dinner or weekend cocktail that soon becomes two or three, then Dry July (dryjuly.com) is a great opportunity to reset your habits. It's a pretty simple goal: just give up alcohol for 31 days and see what happens. Here are just a few of the highlights in store.

You'll get...

1 MUCH BETTER SLEEP

You might think a nightcap helps you sleep soundly, but that's untrue. While drinking before bed can help you nod off faster, "it disrupts your sleep physiology through the night so you're more likely to wake up [during the night] and not have as much good-quality sleep," explains Professor Tanya Chikritzhs from the National Drug Research Institute at Perth's Curtin University. Giving alcohol a break equals more rest for you. In a VicHealth survey, 40 per cent said their sleep improved during their teetotal month.

2 LESS ANXIOUS AND SAD

In the long term, regular consumption of alcohol can dampen levels of your brain's happy chemicals, such as serotonin, and exacerbate depression and anxiety. Cut back on booze and you may find you're less irritable and nicer to be around, says Professor Chikritzhs. "When you function better, you feel more energetic and so you're more likely to exercise, and that's going to have a flow-on effect on your mood," she explains.

3 A HEALTHIER GUT

Tummy trouble? Abstaining from that frequent tipple could help. "The gastrointestinal tract is one of the main systems affected by alcohol – it affects your ability to absorb nutrients, all the way up to increasing your likelihood of cancers across the digestive tract," says Professor Chikritzhs. "And we know the gut is central for immunity, so giving your gut a break is going to improve your immune system as well."

Did you know?

Midlife Aussie women are significantly more likely to consume alcohol at risky levels than women of the same age group two decades ago.

SOURCE: DRUG AND ALCOHOL REVIEW (AUSTRALASIAN PROFESSIONAL SOCIETY ON ALCOHOL AND OTHER DRUGS)

4 A SLIMMER WAIST

In the VicHealth study, 38 per cent of people said they lost weight in their month off alcohol. The slimming effect may relate not only to the lack of kJ-heavy bevvies (one small glass of wine has 460kJ), but also to avoiding habits that go alongside drinking, such as mindless snacking. You may also add here the way body processes alcohol – for example, the body will burn the kilojoules from alcohol first before it begins to deal with any kJs from food. This means alcohol prevents fat burning.

5 A SHARPER BRAIN

Here's a sobering thought: moderate drinking can shrink your brain and also damage the hippocampus, which plays a major role in learning and memory. So, can an alcohol-free month make you sharper? Anecdotal reports suggest an uptick in memory, focus and productivity, and Professor Chikritzhs agrees it's likely, but adds that more research is needed.

SMART SWAPS

Try one of these great-tasting non-alcohol options, picked by our nutritionist, Kathleen Alleaume.

EDENVALE PINOT NOIR
Contains 82kJ (19cal) per 100ml and moderate sugar at 4.3g per 100ml. **$15, Woolworths**

GIESEN 0% SAUVIGNON BLANC
Very low in sugar at just 1.5g per 100ml and 35kJ (8.5cal) per 100ml – that's less than one-tenth of the kJs in regular wine. **$16.99, danmurphys.com.au**

NEXT DESTINATION BAROSSA VALLEY SHIRAZ
Has 87kJ (21cal) per 100ml and is low sugar at 2.5g per 100ml. **$19.95, nextdestinationwine.com.au**

TREAD SOFTLY EVERYTHING EXCEPT ROSÉ
This wine is both low in sugar and kilojoules. 54kJ (13cal) per 100ml and 2.5g sugar per 100ml. **$16, bws.com.au**

PLUS & MINUS ZERO ALCOHOL PROSECCO
Contains 129kJ (31cal) per 100ml and moderate sugar at 3.5g per 100ml. Comes with a traditional cork, too! **$14, Woolworths** P

WORDS: PENNY CARROLL AND ANDREA DUVALL. PHOTOGRAPHY: ISTOCK

TUNE IN NOW!

Welcome to our popular podcast, Thriving in Menopause, brought to you by the editors of Prevention. Be sure to subscribe today.

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Thriving in Menopause by *Prevention*

Series 6, Episode 6

Listen to Australia's leading experts discuss hot flushes, belly fat, brain fog and so much more. Hear their tips and practical advice to help you sail through midlife.

Find out how to thrive during menopause!

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Beauty

FAST, EASY WAYS TO LOOK AS GOOD AS YOU FEEL

Tone perfect

Want to know the secret to finding your ideal shade of foundation? It all comes down to understanding your undertone. Your undertone is part of the pigment naturally present in the skin – called warm, cool or neutral – and knowing yours is key to finding make-up that flatters your complexion. To determine your undertone, stand in natural light and hold a piece of paper or a white shirt up to your face. If your skin has a more yellow, peach or golden hue, you're warm toned. If it looks pink, red or blue, you're cool toned. And if you don't notice a strong tendency towards either, or a mix of both, you're neutral, says make-up artist Jaleesa Jaikaran.

When choosing a foundation, you'll see that some indicate the undertone alongside the shade. Look for a label with W (warm), C (cool) or N (neutral) alongside the shade number. For make-up, warm undertones best suit earthy shades (browns and corals); cool tones should go for purples, pinks, blues and greys; while neutral tones go well with most hues, including bold colours. On the hunt for that perfect foundation? Try these long-wearing formulas on the right:

RIMMEL LONDON LASTING FINISH 25HR FOUNDATION This budget-friendly foundation contains hyaluronic acid and vitamin E, and blends seamlessly into the skin to hide imperfections. **$21.95, Priceline**

KVD BEAUTY GOOD APPLE SERUM As light as a serum and formulated with vitamins and antioxidants, this full-coverage foundation is available in 40 shades. **$60, sephora.com.au**

CHARLOTTE TILBURY AIRBRUSH FLAWLESS FOUNDATION With 44 different shades on offer, you'll find your perfect match in this long-wearing, hydrating foundation with skincare benefits. **$65, charlottetilbury.com/au**

WORDS: CECILY-ANNA BENNETT. PHOTOGRAPHY: ISTOCK

Q WHAT'S THE BEST WAY TO REPAIR DAMAGED HAIR?

A One word: bonding. Unlike products that simply mask damage, hair bonding products address damage at a molecular level, reducing the oxidative stress inside the hair by forming a new bridge between the keratin proteins. This strengthens the hair and helps prevent further harm to the internal structure of the follicle. Many traditional bonding treatments come in a four-step system, but new innovations make it easier than ever to repair your hair. Here are three top products (right) that do just that:

Try these:

L'ORÉAL PARIS ELVIVE BOND REPAIR LEAVE-IN SERUM Repair the inner bonds of your hair with this strengthening leave-in serum. **$24.99, Priceline**

OLAPLEX NO.7 BONDING OIL Increase shine and softness, plus repair damage with this heat-protecting hair oil. **$54, mecca.com.au**

EPRES BOND REPAIR TREATMENT KIT Simply spritz on your hair 10 minutes before shampooing, for stronger, softer hair in one simple step. **$98, datelineimports.com.au**

365

The number of days a year you need to wear sunscreen in order to reduce your risk of sun damage. Yes, it's winter, but still lather up!

SOURCE: CLINICAL KNOWLEDGE NETWORK

HYPOALLERGENIC

A SENSITIVE ISSUE

If your skin is easily irritated, you may gravitate towards hypoallergenic products, assuming this means that they're free of common allergens. Not necessarily. Hypoallergenic products are those that *manufacturers* claim produce fewer allergic reactions than other cosmetic products. The term is unregulated, and these formulas may still contain potential irritants, such as fragrances and dyes. So, for the gentlest options, choose products that declare they're for sensitive skin; they usually list the potentially irritating ingredients the product *doesn't* contain, so there's no mystery.

Pearly purples

Purple shampoo for your teeth? That's the general idea behind the raft of new teeth-toning products that use purple powder to offset yellow tones and lift stains, leaving your chompers sparkling. Curious? Try **White Glo Purple Tooth Toner, $14.99, Chemist Warehouse**

WORDS: CECILY-ANNA BENNETT. PHOTOGRAPHY: ISTOCK

Q

Does the order in which I put on skincare products matter?

It sure does, say dermatologists. Applying products in a less-than-ideal sequence can diminish the results. “The general rule, as with clothes, is light to heavy,” explains dermatologist Dr Mona Gohara. Thicker or heavier products, such as moisturisers and oils, are meant to be protective, and applying those at the end of your routine will help seal in other products and keep skin healthy, she says. Applying heavier products before lighter ones would prevent the ingredients from being properly absorbed into your skin. So, always start with cleanser – and use this cheat sheet (on the right) to know when to apply other products you use (put make-up last, if you wear it).

WORDS: VICTORIA KIRBY. ADDITIONAL WORDS: CECILY-ANNA BENNETT. PHOTOGRAPHY: ISTOCK

The best order to apply SKINCARE PRODUCTS

DAY		NIGHT
Cleanser	STEP 1	Cleanser
Toner	STEP 2	Toner
Treatment	STEP 3	Treatment
Serums	STEP 4	Retinol (if using)
Eye cream	STEP 5	Serums
Moisturiser	STEP 6	Eye cream
Sunscreen	STEP 7	Moisturiser

Soft touch

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BY CECILY-ANNA BENNETT

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MESOESTETIC BODYSHOCK ESSENTIAL CREAM Firm, smooth and hydrate skin with this moisturiser, while also helping to reduce the appearance of stretch marks. **$89, activeskin.com.au**

PHOTOGRAPHY: ISTOCK

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BANISH DRY SKIN *forever*

Dehydrated skin can be brought on by the weather or environment, skin conditions, skincare habits and even certain products. The result is dullness, irritation and even more pronounced wrinkles. Whether you suffer from a parched complexion just in winter, when it's more likely to occur, or at other times of the year, too, we've got dermatologist-approved solutions to nix it for good.

1 Moisturise right...

Obviously, hydrating skin is crucial to combating dryness, but not all moisturising skincare products are created equal. "Face lotions and creams are generally more hydrating than oils, serums and other formulas – and they can increase skin's moisture for hours," says skin researcher Dr Birnur Aral. For maximum efficacy, "look for moisturisers that contain humectants, such as glycerin and hyaluronic acid, which can bind or hold on to water effectively," she says, plus "ingredients that help repair the skin barrier, such as ceramides and niacinamide."

... and often

Don't wait until your face is dry to moisturise; consistency is key for keeping skin hydrated and healthy and preventing dehydration from occurring in the first place. "The best treatment to replenish skin hydration is applying a topical face moisturiser twice daily in the morning and evening," says dermatologist Dr Jeanine Downie.

WORDS APRIL FRANZINO ADDITIONAL WORDS CECILY-ANNA BENNETT PHOTOGRAPHY ISTOCK; GETTY IMAGES

2

INCREASE YOUR APPLICATION

Smooth a layer of face moisturiser on clean skin after other treatment products, like serums, but before sunscreen in the morning (try a hydrating serum for even more moisture). To help heal dehydrated skin quickly, massage moisturiser into skin using a circular motion. "The technique helps push hydrating ingredients deeper into rough patches and dry lines for an immediate plumping effect," says dermatologist Dr Ava Shamban.

3

Don't forget your lips

Lips can be the most parched area on your face since they have fewer protective layers of skin. Apply a rich lip balm or treatment every time you moisturise your face – morning, evening and throughout the day as needed. The most effective formulas contain a combo of moisturising ingredients (plant oils and emollients, such as squalane and triglycerides) and occlusive ingredients (such as petrolatum, beeswax or plant waxes, and butters like shea butter) that form a protective barrier to lock in nourishment and hydrate, too, Dr Aral explains.

4

Hydrate from the inside out

Skin moisturisation happens from within, too. "Drinking enough water definitely improves skin hydration," Dr Downie says. Aim for at least eight glasses (or two litres) of water per day. ►

5

Cleanse with care

For dry skin, just any old soap won't do: Some face washes can overcleanse skin, exacerbating dryness. "A gentle soap- and fragrance-free cleanser that doesn't contain harsh sulfates and is pH balanced will maintain the skin's barrier without stripping or hurting the skin microbiome," says dermatologist Dr Whitney Bowe. Choose a formula that's labelled 'moisturising' or 'hydrating' for best results. To further prevent skin dehydration, try washing your face with a cleanser only in the evening, and rinsing with just water in the morning.

6

INVEST IN A HUMIDIFIER

Lack of humidity in the air in winter or an arid climate can contribute to dry skin. To counteract it, "I always recommend that my patients use a humidifier while they sleep to boost their skin's moisture levels," Dr Downie advises.

7

TURN DOWN THE HEAT WHEN YOU WASH

Hot and steamy water might feel amazing, but it can be harmful to skin by disrupting its barrier, leading to sensitivity. “For the most skin-friendly cleanse, ensure water temperature is lukewarm, and test it on your wrist first,” suggests chemist Sabina Wizemann.

8

Be smart about exfoliating

While you may think of exfoliation as a way to slough off dry, flaky patches, a harsh face peel or scrub is the enemy of parched skin, as it can alter the skin’s moisture barrier and remove its naturally occurring hydrating oils. Avoid stronger acids, like glycolic acid, and rougher exfoliants, like sugar and salt. Instead, try a gentler face peel formula that contains lactic acid or fruit acids or a face scrub with round jojoba beads, which are less likely to be abrasive on skin. Apply your exfoliator once per week to avoid dehydrating skin.

9

Wear a skincare coat

Need a dose of intensive hydration? At night, seal your moisturiser in with a thick coat of a rich oil, balm or ointment that can be applied to facial skin. Like a winter coat for your face, it functions as an occlusive, locking hydrating skincare ingredients and moisture into your skin as you sleep so you wake up softer, smoother and less parched. Also apply it when you’re heading outdoors for an extended period in cold, dry or windy weather to help protect exposed skin from the elements and prevent it from becoming chapped or irritated.

Our picks

THE MOISTURISER
LANEIGE WATER BANK BLUE HYALURONIC CREAM MOISTURISER
A featherlight cream that provides hours of hydration, from this cult South Korean skincare brand that specialises in skin moisturising.
$58, adorebeauty.com.au

THE FACE BALM
EGO QV DERMCARE STING-FREE OINTMENT WITH CERAMIDES
This all-purpose balm is ideal for locking in moisture. Use it on your face, lips, elbows and knees – it’s a dry-skin superhero.
$22.99, Chemist Warehouse

THE SERUM
No7 HYDRALUMINOUS WATER CONCENTRATE Give your face a dose of hydration with this light concentrate powered with pure hyaluronic acid and No7’s plant-based HydraDrench Complex. **$29.99, Priceline**

THE CLEANSER
ASPECT PLATINUM HYDRATING CREAM CLEANSER This nourishing cleanser, with hydrating polyhydroxy acids, omega-rich oils and glycerine, leaves skin feeling clean and soft.
$79, theclinic.net.au

THE EXFOLIANT
THE ORDINARY LACTIC ACID 10% +HA 2% A gentle peel that provides mild exfoliation with inflammation-reducing Tasmanian Pepperberry extract. **$14, Priceline**

THE LIP BALM
DERMAL THERAPY LIP BALM
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Removes dandruff flakes
Hair is left fresh and clean

SCAN ME

Mind

SMART WAYS TO STAY SHARP, CALM AND POSITIVE

SMELL OF SUCCESS

Feeling anxious about a big presentation or social event? Sniffing a sweaty gym top could calm you down. European researchers discovered that smelling another person's sweat while undergoing mindfulness therapy effectively reduced study participants' social anxiety. While the combination of mindfulness and body odour resulted in a 39 per cent decrease in anxiety scores, mindfulness alone only brought them down by 17 per cent. Interestingly, sweat produced by volunteers who watched a funny movie had the same effect as perspiration emitted by people who viewed horror flicks. The researchers are now trying to isolate the molecules responsible for this calming effect so they can be used in therapeutic settings. Sweat sesh, anyone?

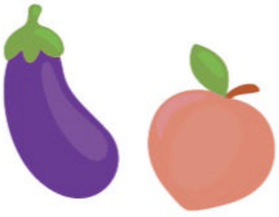
WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK.

DRAG AND DROP

When you're under the pump at work, the way you type and use your mouse could reveal just how stressed you are. A Swiss study found that tense people made more typing mistakes and moved their mouse more often and less precisely than relaxed people. Nervous mouse users also covered greater distances on their screens compared with their chilled-out counterparts, who took more direct routes. The researchers were surprised to find that typing and mouse patterns were better predictors of stress levels than heart rate. They hope to use their findings to detect work stress in real time and stop it in its tracks.

Ooh la blah

Have you been known to engage in a sexy texting sesh? While it can be thrilling in the moment, a US study reveals sexting is associated with depression, anxiety, sleep problems and compulsive sexual behaviours. Talk about a buzzkill!



5

The number of seconds it takes to decide whether or not you like a song.

SOURCE: NEW YORK UNIVERSITY

Routine check

You've probably heard it takes 21 days to form a habit, but a new international study has found that this magic number is nothing more than a myth. Researchers examined how long it took gym-goers to form a regular workout habit and whether the same amount of time applied to healthcare workers who were trying to get into the habit of washing their hands. While it only took a few weeks to form a hand-washing habit, sticking to a gym routine took an average of six months. The takeaway? The time it takes to form a habit can vary considerably depending on the behaviour. And when it comes to getting fit, slow and steady wins the race, so keep at it!

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

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MODEL IMAGE

DETOX *your body* every day

If you're feeling exhausted and in need of revitalisation, you should consider a detox or cleanse. With Active Liver™, you have the tool to do this gently and on a daily basis.

Each day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body. But as we get exposed to increasingly more toxins, the liver struggles to remove them all and can start storing them in our body fat. We quickly may notice the results in our energy levels, in our lack of youthful appearance – and surprisingly, on our waistlines.

Unjunking YOUR BODY

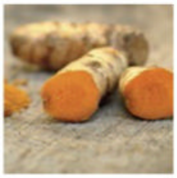
A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

Detox WITH ONE TABLET A DAY

Active Liver™ is a dietary supplement that helps promote a healthy liver, aids digestion and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body – without the side effects.

Active Liver™ by New Nordic contains **MILK THISTLE**, a herb known for protecting the liver and reducing heavy metal toxicity.

It also has **TURMERIC**, a superfood and one of the most anti-inflammatory and protective antioxidants known.



Finally, Active Liver™ uses globe **ARTICHOKE**, a plant used for centuries for increasing bile production. Bile is used to bind and flush toxins and fats from the body.

THE LIVER AND YOUR WAISTLINE

The liver is an important fat-burning organ. If the liver is sluggish or clogged with waste material, it can start building up around the waistline and even inside the internal organs (which may lead to a fatty liver). Making sure your liver is working well will help you flush fats from the body.

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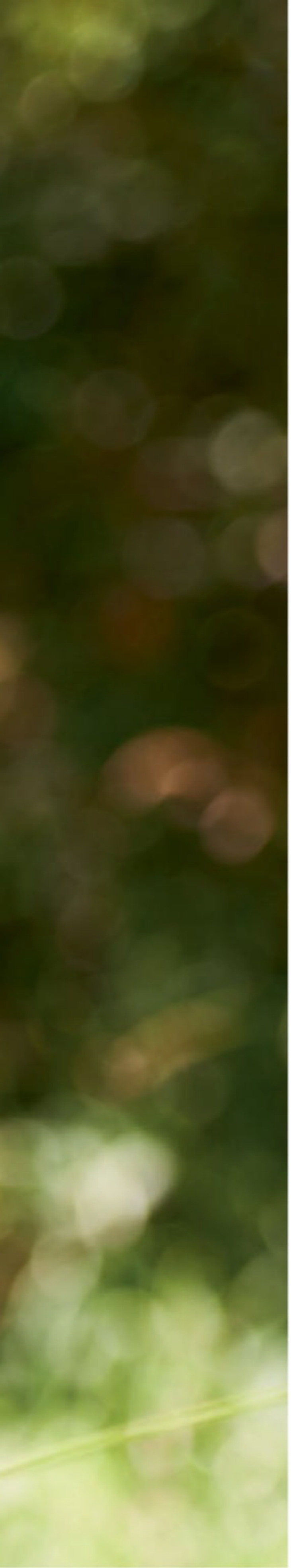
Nip in the bud

Being around plants or flowers is proven to make you feel less depressed, anxious and agitated.



Joy ride

When life doesn't seem to be offering much magic, you need to know how to look out for it. Bestselling author Katherine May shares how to discover it in everyday moments.

This morning, while walking my dog, I paused and spent some time looking at a crack in the pavement. This may sound like a moment of unbearable boredom, but, in fact, I was enchanted.

There, beneath my feet, was a tiny garden bursting with life. It was filled with moss, grasses and the first leaves of a plant I couldn't yet identify. As lush as any rainforest, this miniature ecosystem had caught beads of rain that glowed under the rising sun. It was ordinary and magical, nearly invisible but fascinating all at once. I was transfixed.

An efflorescence between slabs of concrete was exactly what I needed. The world around me has felt heavy for so long that I can barely remember when that feeling began. Today, I picked up my phone while waiting for my first cup of tea to brew and read about the climate crisis and the war in Ukraine. I stopped at the school gates to chat with some friends and we grumbled about workloads and our worries about our parents and children. Right now, life doesn't seem to be offering much magic.

But that's exactly why we need to go out looking for it. Enchantment – the sense that wonder lives alongside us in the everyday – is an experience we can conjure for ourselves. It's a state of mind that we all know. It came easily in childhood when certain things were effortlessly radiant with meaning and mystery. Perhaps it was the way that the moon travelled in phases across the night sky, or the uniqueness of each stone found on the beach. Perhaps we found it in a story that played around in our heads, or in a place that seemed like it might be from a fairy tale. Whatever form it took, we were able to find wonder in a world that we were discovering for the first time and which seemed full of possibility.

But perhaps, too, there was a point when we were scolded for our dreaminess or ►

Did you know?

Walking barefoot, especially over grass, increases endorphin levels (feel-good hormones).

SOURCE: JOURNAL OF ENVIRONMENTAL AND PUBLIC HEALTH

PHOTOGRAPHY: ISTOCK

> "I allow my attention to shift on to *things that I find beautiful...* I no longer wait for fascination to come to me. Instead, *I go out looking for it.*"

teased by our peers for our naivety. Perhaps, somewhere along the way, we had a stern word with ourselves and deliberately put away childish things. Most of us lose our enchantment one way or another. It's such a delicate thing, anyway; it rarely survives the bustle and practicality of the adult world.

NOTICING IS INFINITE

Over the past couple of years, I've been learning how to find my enchantment again. I reached the point – somewhere in the middle of the pandemic – when I realised I could no longer survive without it. And neither could I afford to believe that the world was only magical elsewhere, in grand landscapes and rarefied places. I realised that I always thought I could only find enlightenment somewhere far away, but I needed to learn to let the mundane speak of its wonder.

The most important step for me was to work on my noticing. Noticing is not a passive process, but a deliberate practice that can be built like a muscle. I've learnt to look around me for the details – for what grows between cracks in the pavement – and to allow my attention to shift on to things that I find beautiful, even if just for a few moments. I no longer wait for fascination to come to me. Instead, I go out looking for it. I've come to understand that noticing is infinite: once you observe the surface level of detail, there's always another layer, and another layer after that. It's a shift that allows me to find solace in the most constrained circumstances.

EMBRACING BEAUTY

One of the first ways I reconnected with my sense of enchantment was to take off my shoes and walk barefoot across a field – an act that felt strangely transgressive. It was a warm, early summer's day when I unbuckled my sandals and felt the cool grass beneath my feet – as well as the prickle of the occasional thistle – and the world became a little less flat. I realised that we can't keep watching beauty from a distance. We have to integrate with it, to touch it, to smell and taste it, to be a part of it. Enchantment requires all of our senses – not just our sight. This means unlearning a lot of our certainties, too. It does us good, every now and then, to remember how small we are in the scheme of things. Each day, with our own eyes, we get a chance to watch the machinery of the solar system all around us: our orbiting of the sun, the phases of the moon, the changing of the seasons and the shining of the stars. It's ordinary for us to see planets and stars in the night sky, but when we pause to remember what it is that we're witnessing, the earth shifts beneath our feet.

This isn't so dangerous. Those shifts in perspective are fundamental to the experience of awe – an emotion that depends on our feeling small and humbled, even overwhelmed by the scale of the universe. It's understandable that we might not want to feel it every day, but, every now and then, we can shift our focus from what is nearby to the astonishing scale of everything. We feel the quake of our own insignificance amid a vast universe and geological timescales.

Being enchanted is far from simple. It may be full of wonder, but it also invites us to think deeply about where we stand in the world. After all, we live in complex times when many of the certainties we once relied on are dissolving – everything from international politics to the way our families function. As everything shifts beneath our feet, enchantment can help us to connect again.

Katherine May is the author of *Enchantment: Reawakening Wonder In An Exhausted Age* (Faber & Faber, $29.99).

ENCHANTMENT
Reawakening wonder in an exhausted age
KATHERINE MAY

Dynamic duo

Tiffiny & Jeanette Hall

The mother-and-daughter trainers share how their love of fitness has set a solid foundation for both their lives.

BY DONNAY TORR PHOTOGRAPHY MICHELLE TRAN

Put fitness icon Tiffiny Hall and her mum, Jeanette, in the same room and the energy inspires! Tiff, 38, runs online fitness program TXO Life (mytxo.com) and is one of the highest qualified female martial artists in the world for her age (6th Dan black belt in taekwondo). Jeanette, 66, is no slouch either: 5th Dan black belt in taekwondo and co-founder and CEO of martial arts centre Hall's Taekwondo in Melbourne. Fitness is their life's purpose, as they share here.

TIFFINY SAYS

"My mum and I live two streets away from each other. It's very *My Big Fat Greek Wedding* – that was the goal. There's a park at the end of her street that I love and I just thought, 'Oh, I've got to get close.' It's lovely being able to just pop in and have that support all the time, as I have two young kids.

My childhood was different to that of my peers. My parents would pick us up from school in their taekwondo uniforms and they'd come to our school and run 'fitness for fun' at assembly, like 15 minutes of star jumps and running on the spot, that sort of stuff. They were kind of like superheroes, just dressed in tracksuits.

It was a really healthy, motivational upbringing. I just loved growing up in the dojang [taekwondo training hall] and watching my dad compete [Martin Hall is an 8th Dan Grandmaster instructor and spent 10 years as Australia's featherweight champion] and my mum train, and experiencing the community that they created.

But the idea of fitness as a career wasn't the first thing I was into. I actually wanted to write. I took a break from taekwondo in Year 12 to focus on my studies and did a journalism degree, worked at the Seven Network for a bit and the *Herald Sun* newspaper in Melbourne... I've now published 11 [fitness & nutrition-related and children's] books, so, clearly, I was passionate about writing. The fitness stuff was just a side hustle. ►

My mum's approach to fitness has had a huge impact on my life.

But then it started to take off to the point where I couldn't ignore it… and started loving it. The thing is, I love being around people, and while I love writing, too, it's very solitary. It felt very natural to move into teaching fitness classes and being around people in that way.

Before I had my babies [daughter Vada, 12 months, and son Arnold, five], my body was my work: a machine that did what it was told. Then I got pregnant! I had to surrender to hormones and cravings and, you know, life. [Tiffiny struggled with hyperemesis gravidarum during her first pregnancy, a rare condition that left her nauseous and vomiting throughout.] It's changed my whole relationship with my body. It's been a vehicle for creating these amazing little kids and I'm so proud of that. It doesn't look the same as it used to, but I'm as strong as I was. The focus now is more on how my body functions instead of what it looks like. This is actually something my mum taught me very early on, too. In taekwondo, you're covered up in the dobok [martial arts uniform], so it's not about what your body looks like, but rather how high you can jump, how strong you can kick… That really helped me when I needed to work hard on my body image. I put on 30 kilos during both pregnancies. I've been dealing with some injuries and, you know, you just don't bounce back. You just don't.

> *The focus now is more on how my body functions instead of what it looks like.*

TXO Life's ethos and training programs are inspired by the Hall's Taekwondo approach of 'fitness with meaning' and what my pregnancies taught me, too. It's a philosophy of acceptance and self-compassion. You have to adapt and accept where you're at in the moment, especially with injuries. I've had wrist reconstructions and my surgeon said at the time, 'No more martial arts! No more boxing, no nothing!' But I'm a martial arts instructor – that's my whole life being taken away. So, I just had to do things in a different way. For example, I don't hit bags anymore, I hit pool noodles instead. I've adapted and I just accept.

Of course, I look at competitors who are recovering from their pregnancies, just like me, and they have their abs back and they're doing incredible dynamic explosive movements that I can only dream of maybe doing in the next six months… But everyone's on their own journey. There are always comparisons and body shaming and diet culture, but I try to be honest and share where I'm at with my online community. It's easier than trying to be perfect, because that takes too much energy and it's just not true.

A couple of years ago, I got burned out and I had to take a break. [Tiffiny was diagnosed with postural orthostatic tachycardia syndrome, a condition that causes dizziness, overwhelming tiredness and a faster than normal heartbeat.] I had to practise what I preach. That realisation of 'I need to take care of myself right now; I need to get offline for a bit.'

I do sometimes feel the pressure of being constantly physically scrutinised, given what I do. Mum's seen my struggles; how hard it can be to be in the spotlight 24/7… Social media doesn't sleep. It's a bit different for her, of course, she's not in the public eye that much. But, still, she runs one of the biggest martial arts schools in Australia and people look up to her as a role model. She walks the talk, which takes some of the pressure off. If she wasn't fit and strong and sensational at taekwondo and one of the first females in Australia to earn her black belt back when only men did it, she wouldn't come across as authentic. But she is and it's inspiring.

I've got to admit that I've sometimes struggled to ask for help or take a break, given how full-on my business is. My TXO Life members have access to me 24/7, via a help desk or through Instagram or Facebook. I always have to go to my mum and say, 'I need some help!' I think the juggle of the moving parts of everyday life is an ongoing challenge. I love to play the piano when I need a bit of a break. It's something I enjoy and it brings my fight-or-flight response down, triggers the parasympathetic nervous system. Even though I'm not that good at it anymore, I just find it very relaxing. I don't think that I'm the same as my mum. I have the same drive and discipline, but Mum's a bit more balanced. I can be very extreme and intense! But mum's a Libran, she's very level, balanced in the scales. She's very good at pulling me back.

I recently did a live workout, where I send a call-out to my community about getting together in 'real life' to train. And there were people there who'd finally reached their goal weight and finally had the confidence to go for the job promotion they wanted, and were just feeling great because of the habits they'd created through my programs. Watching people achieve and knowing that I played some role in that is a humbling, gratifying, powerful feeling. That's why we do it."

OPENING SPREAD: JEANETTE (LEFT) WEARS SABA KNIT DRESS. TIFFINY WEARS PORTMANS DRESS; WITCHERY BOOTS; ALISSA B JEWELLERY. THIS PAGE: TIFFINY WEARS TXO ACTIVEWEAR; SHOES, HER OWN. JEANETTE WEARS TXO ACTIVEWEAR; BARED SHOES

JEANETTE SAYS

"I recently asked my husband, Martin, how he felt when I joined that very first all-guys taekwondo class in the mid-70s. 'So embarrassed,' he said! I'd go and watch him train and it was just blokes in the class; serious, sweaty men sort of grunting a lot. My background was in ballet. I was used to working hard and had done so from a very young age. I expected a lot from my body. So, I asked if I could join, and I apparently brought a bubbly sort of vibe into the room, which I believe was groundbreaking at the time.

Hall's Taekwondo petitioned for women to be allowed to enter and compete worldwide, and we finally sent Anita Falieros to the World Taekwondo Championships in Barcelona in 1987 – it was a big deal. And then Martin coached Lauren Burns to win Australia's first Olympic gold medal in taekwondo at the 2000 Summer Olympics in Sydney. We were on a journey, you know, having women recognised and competing on the same platform as men and it was very exciting. And we were doing it without burning our bras or that kind of thing [laughs] – it was about walking the talk and saying, 'We do this and we enjoy this and we're good at it.' It was an international movement, really.

Any business you start takes an enormous amount of time – and money. I mean, we bought a public swimming pool in 1983 and converted that into our first full-time taekwondo centre. That kind of thing didn't exist back then – people would be asking, 'taekwon what?!'

I gave birth to Tiffiny four weeks before we opened our doors. Martin needed me to teach classes, so I just did it... while breastfeeding Tiff! These days, that kind of thing is accepted and 'known about', but, back then, I'd run out of class, go into the kitchen and quickly express milk and stick it in the fridge. I did that for 12 months and then again with Bridget, two years later. [Bridget is also a black belt in taekwondo.]

I think people underestimate what women can do. We have a lot of women in their 40s and 50s training at Hall's Taekwondo and they all come regardless of what's happening in their home – they'll just make it happen. Many women go on to get their black belts and they change so much in that time; they really gain a zest for life.

I've had a certain routine for years and I'm consistent with it. I put on my exercise gear first thing in the morning, have a warm glass of water, make my bed and then I train. I have a little home gym and I usually just start on the treadmill, for maybe 40 or 50 minutes, and then I'll do some weights and stretching. ►

A quick side chat

Who's more likely to...

Make new friends?

Jeanette "That's probably me."
Tiffiny "Mum, definitely!"

Arrive late?

J "Me!"
T "Mum. She loves to get ready, put on some make-up..."

Adopt a pet?

T "Definitely my mum. I don't have any pets."
J "I fostered a little bulldog for 24 hours. He was gorgeous."

Forget someone's birthday?

J "Probably you?"
T "Yes, me. I've got a lot going on."

Lose their patience?

T "Me, as I've got two young kids now."
J "Sorry, but, yeah, you."

Move overseas?

T "My mum. She already has a place in Bali and she's there most of the year, so…"
J "But I'm not going to go and relocate and leave you all."
T "Oh, that's good. Yes, you've got to stay here!"

Make the other one laugh?

J "I think Tiff makes me laugh because there's a lot going on in her life at the moment."
T "Yeah, it's all a bit funny, really!"

I have one titanium knee and I've actually had two ACL reconstructions. I've had to work around my injuries, but it's never stopped me. It just means that I don't run, I walk and I don't squat, but do leg lifts instead. It's about adapting. Don't focus on what you can't do, but rather on what you can. So, I add a few elastic band exercises and some stretching. I even have a ballet barre in my gym – Tiff laughs at me! But I stretch on the barre. I also make sure that my posture is right. I think our bodies need to be reminded of all of that.

Somehow, I avoided the stress and symptoms of menopause. I had doctors asking me, 'What do you do? Why don't you have menopause?!' I think there were a few reasons for it. After having Bridget, I had an ectopic pregnancy, so I only have one fallopian tube. But then I fell pregnant again at the age of 42, and that was a bit of a shock! Tiff and Bridget were teenagers at the time and very grossed out!

Back in those days, women having babies in their 40s was a big deal, but it was the greatest gift. Whenever people used to ask me about any regrets I may have had, I'd always say I just really wish I'd had more kids. But I felt as though the two girls were about as much as I could cope with along with running the business! So, it was such a blessing when I fell pregnant again in 1998 and had son Lleyton. I got back into training soon after and was, once again, breastfeeding. And, somehow, I just never had any menopause symptoms. The training did it, I think: it's what my body needed to do and I kind of surrendered to it.

I think, as we get older – and this is something we don't hear enough of from many younger trainers – we need to allow ourselves more time. Time to warm up, to cool down, to cope with any injuries we're getting... It really takes more time out of our day and we need to surrender to that. When niggles do happen, and they do, seek medical help, see the physio... Get the help you need before it's too late. It's about being proactive.

> *It's about adapting... Don't focus on what you can't do, but rather on what you can.*

Tiff is very authentic and always has been. She seems to intuitively know the right direction to go in and I think that helps her immensely. Because she can easily be swept up in, say, a business proposal that says it'll 'help thousands of people', she'll put herself on the backburner and go, 'Yeah, I should do that for everyone.' She's better at finding balance now that she has her own family, but the quest for it continues. I learnt when Tiff was very young that it's best to just give her a cup of tea, let her talk things through and then she'll solve the problems herself. She's got a good head on her shoulders.

The thing that keeps me going is to improve, always. I'm in my mid-60s, but I expect to become a whole lot better than where I am now by the time I'm in my mid-70s. Another 10 years' worth of improvement, how exciting! It's about taking control of the narrative around ageing in your head, too: I'm not going to sabotage myself. I want to enhance my life and continue to grow. I'm not retiring. Yeah, I'm not going anywhere." P

Bounce Forward, Tiff's brand-new podcast, has just launched through Nova Entertainment.

Fit for purpose

CONVEYOR BELT

Tiffiny, a Hall's Taekwondo ambassador, with all the boards she had to break in order to obtain her 6th Dan black belt.

BODIES OF WORK

Super-fit Jeanette (right), then 61, became an overnight sensation when daughter Tiff shared this photo on her Instagram in 2018.

UP FOR THE CHALLENGE

Tiff played the role of Angel, who mixed martial arts with magic, on Seven Network sports game show *Gladiators* in 2008.

DOUBLE TEAM

Tiff, husband Ed Kavalee (far right) and son Arnold (who's not quite a black belt yet) with her doting parents, Martin and Jeanette.

TIFFINY WEARS SUPERDRY KNIT AND JEANS; ALISSA B EARRINGS. JEANETTE WEARS WITCHERY BLOUSE AND PANTS. STYLING: MILANA DE MINA AND ANITA FITZGERALD. HAIR AND MAKE-UP: JULIA GREEN

Light LOAD

6 MOVES TO BUILD stronger muscles

Want to build lean muscle, ease achy joints and lose weight at the same time? All you need is a pair of light dumbbells.

BY BROOK BENTEN

For years I was a cardio junkie. I'd run up to 80 kilometres per week – until I got injured and my doctor gave me a stern warning: If I didn't take a break, the injury might not heal and could get worse. So, I started doing three days of light weightlifting and three days of low-impact cardio. It was gentler on my joints, but I became stronger and still worked my cardiovascular system.

Light weight training hasn't worked just for me – it's worked for women of all ages and fitness levels. I'm an exercise physiologist and I've seen it in data I've collected from conducting numerous research studies on resistance-training programs over the past decade.

These six low-impact resistance-training exercises (starting over the page and featuring a friend of mine) can help you learn new mobility patterns, raise your heart rate, tone muscles and even lose weight if combined with low-impact cardio and smart nutrition choices. To kickstart your body transformation, do 16 reps of each routine and then begin discovering the amazing benefits of strength training (see right).

THE FULL-BODY BENEFITS OF LIFTING LIGHT

A program like this one, which works the whole body, can spark some powerful changes, such as:

☑ Lowering body fat, reducing weight and sculpting a leaner physique.

☑ Preserving and building lean muscle mass.

☑ Improving your bone density.

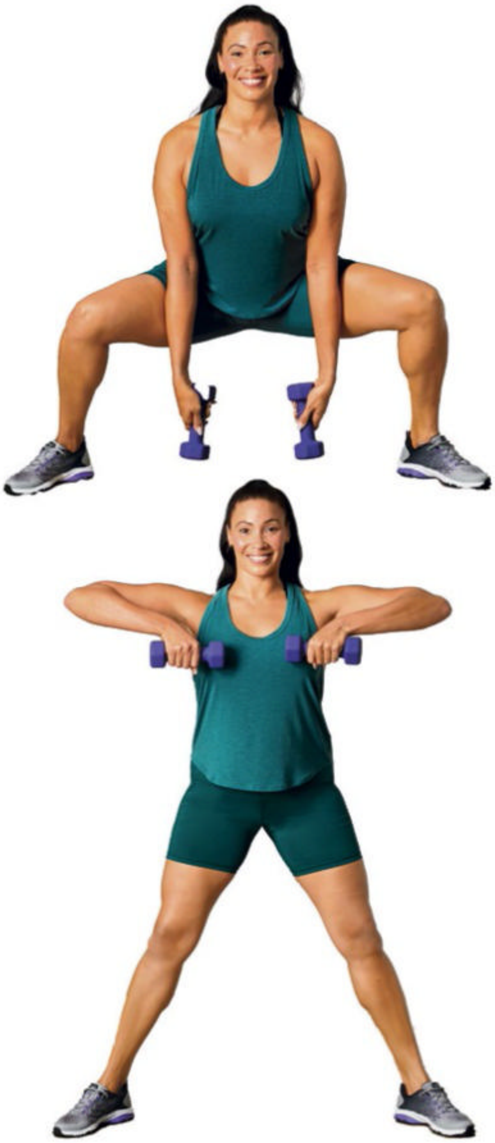
☑ Lowering your risk of injury and achy joints.

☑ Supporting your heart health.

☑ Building a stronger core and improving balance.

☑ Reducing your risk of diabetes.

☑ Boosting your mood and protecting your brain. ►



Sumo squat to upright rows

WHAT IT WORKS

Quadriceps, glutes, inner thighs, core and shoulders

HOW TO DO IT

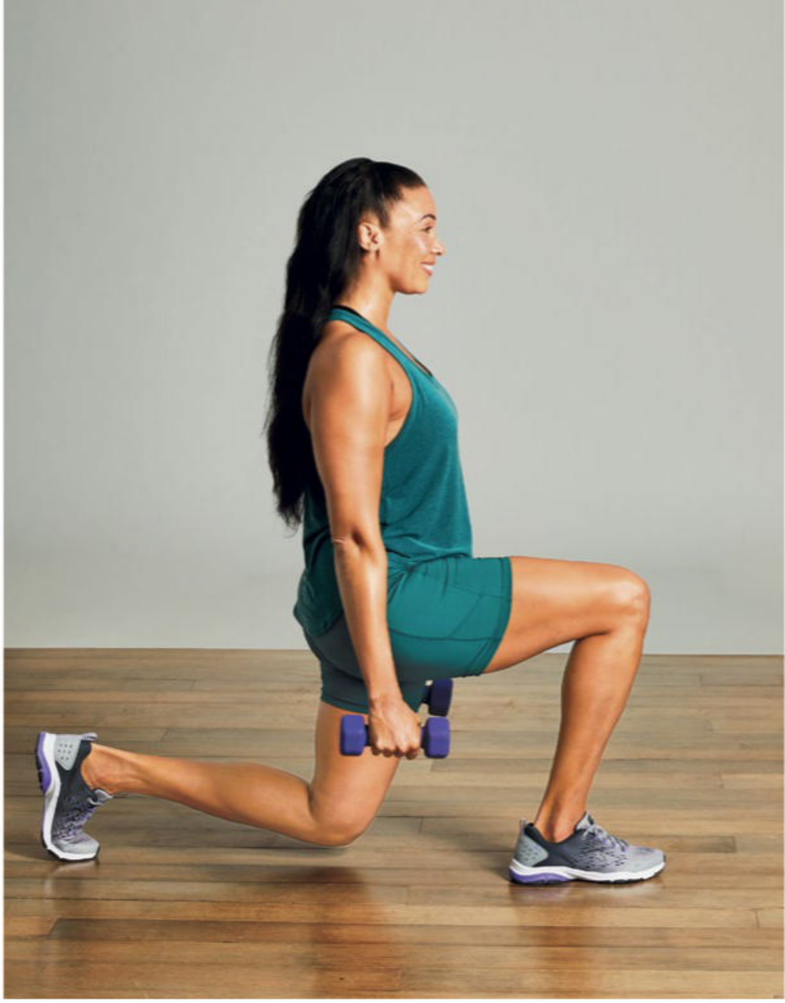
SET-UP Stand tall with your feet more than hip-width apart and toes pointing out to the sides. Hold a dumbbell in each hand, arms dangling in front of your body.

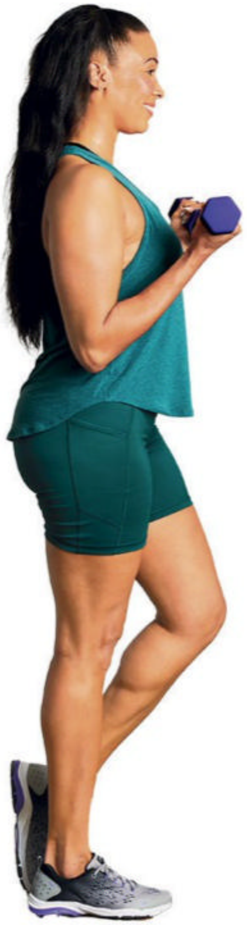
Step 1 Keeping your chest lifted, bend your knees and sink into a squat. Drop as low as you can, optimally until your thighs are parallel to the floor. Hold momentarily.

Step 2 Driving from your heels, return to starting position, squeezing inner thighs and tightening your glutes (buttocks).

Step 3 Pull both dumbbells up your torso, winging your elbows out to the sides. Finish with your elbows slightly below shoulder height, with the dumbbells at your sternum.

Step 4 Lower the dumbbells down your torso to return to the starting position. That's one rep.





Lunge back to bicep curls

WHAT IT WORKS

Quadriceps, glutes, core, biceps and balance

HOW TO DO IT

SET-UP Hold a dumbbell in each hand, arms by your sides. Stand tall with your shoulders over your hips and your legs hip-width apart, toes facing forward.

Step 1 Step your left foot back into a deep lunge.

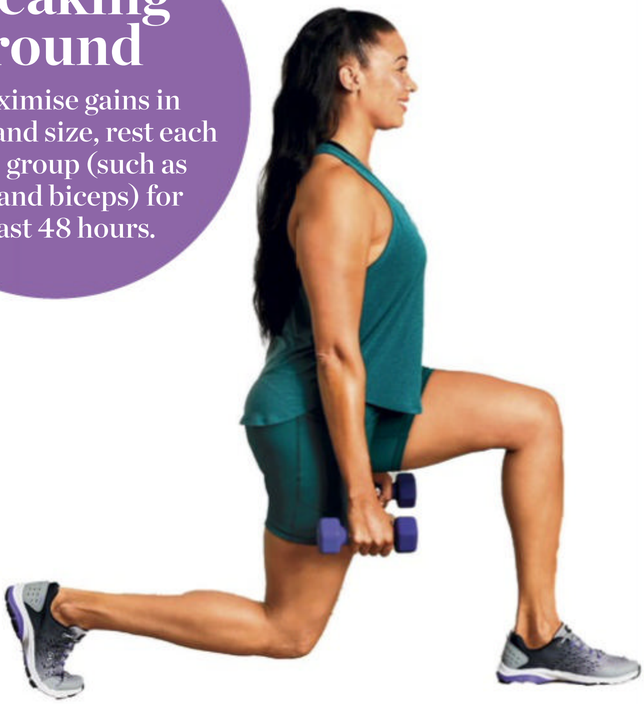
Step 2 Squeeze your glutes and return your back foot to the set-up position, keeping the majority of your weight on the supporting leg to challenge your balance.

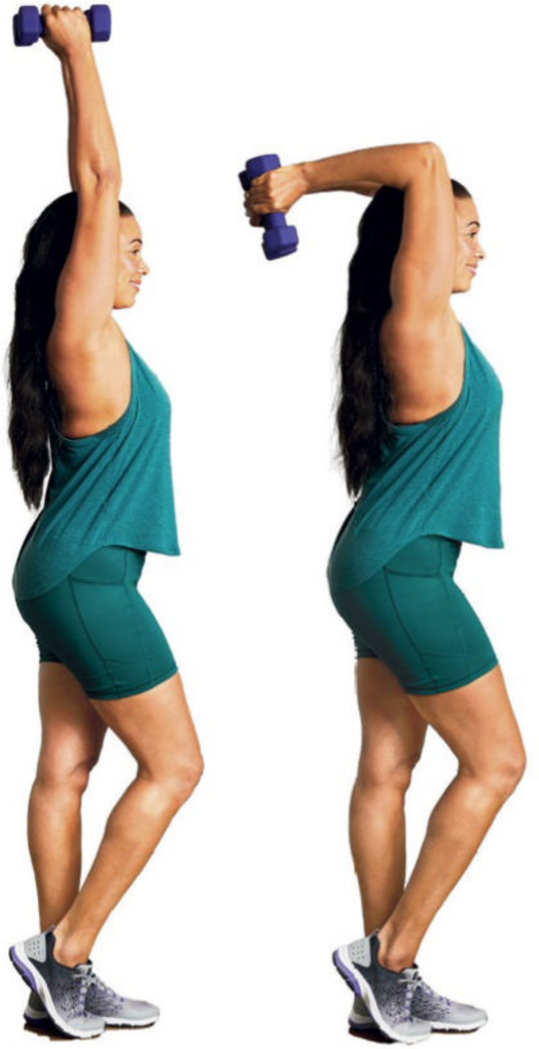
Step 3 Bend elbows and draw dumbbells toward your shoulders in a bicep curl.

Step 4 Extend your arms down to your sides to return to starting position. Repeat on other leg. That's one rep.

Breaking ground

To maximise gains in strength and size, rest each muscle group (such as glutes and biceps) for at least 48 hours.





Lunge back to overhead tricep extensions

WHAT IT WORKS

Quadriceps, glutes, core, shoulders, triceps and balance

HOW TO DO IT

SET-UP Hold a dumbbell in each hand, arms by your sides. Stand tall with your shoulders over your hips and your feet hip-width apart, toes facing forward.

Step 1 Step right foot back into a deep lunge.

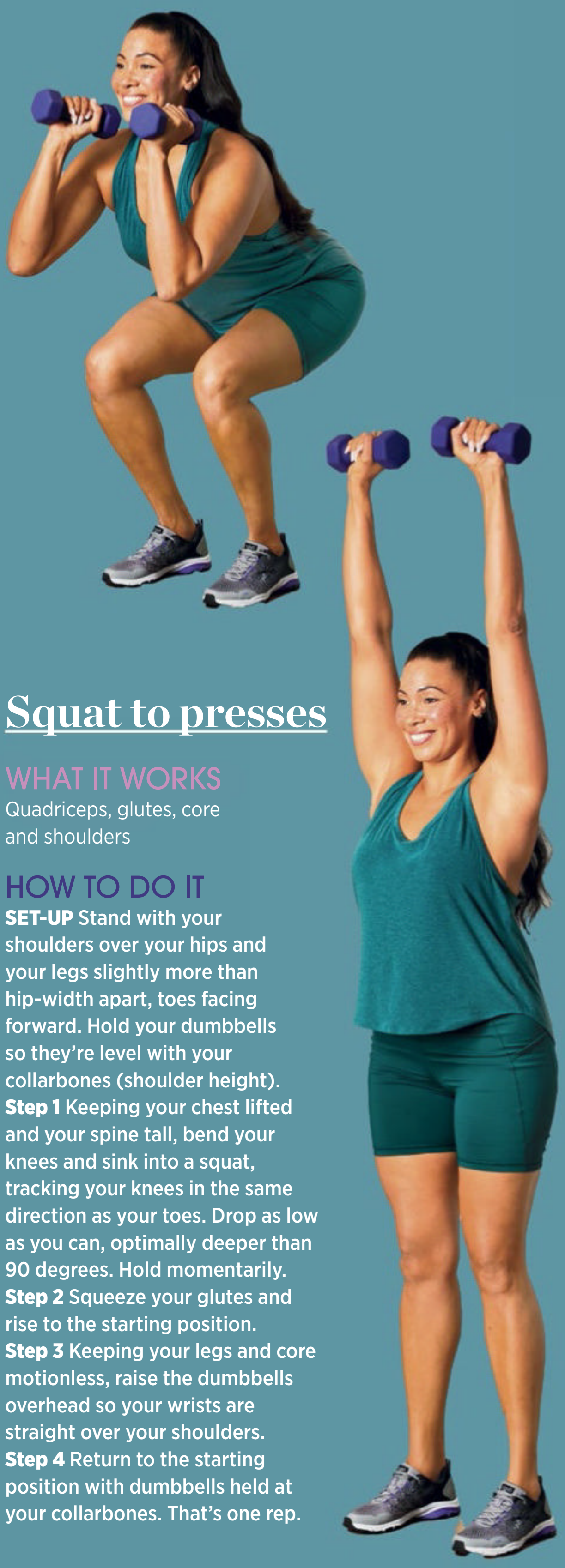
Step 2 Squeeze your glutes and return your back foot to the set-up position, keeping the majority of your weight on the supporting leg to challenge your balance.

Step 3 Raise your arms above your head so they're close to your ears. Bend your elbows and lower the dumbbells behind your head until they touch (or nearly touch) your shoulders. Keep your elbows pointing forward and not out to the sides.

Step 4 Extend both elbows to return dumbbells overhead and then lower them to the set-up position. Repeat on other leg. That's one rep.

CHOOSING THE RIGHT WEIGHTS

I've found that dumbbells in the 2–4kg range work best, but your sweet spot may be lower or higher. Your ideal weight should be heavy enough that it feels hard to get through the last few reps. At the end of a set, you should feel as if it was challenging and uncomfortable, but still doable. If you finish a set feeling that you could easily do more reps, your weight is too light. ►



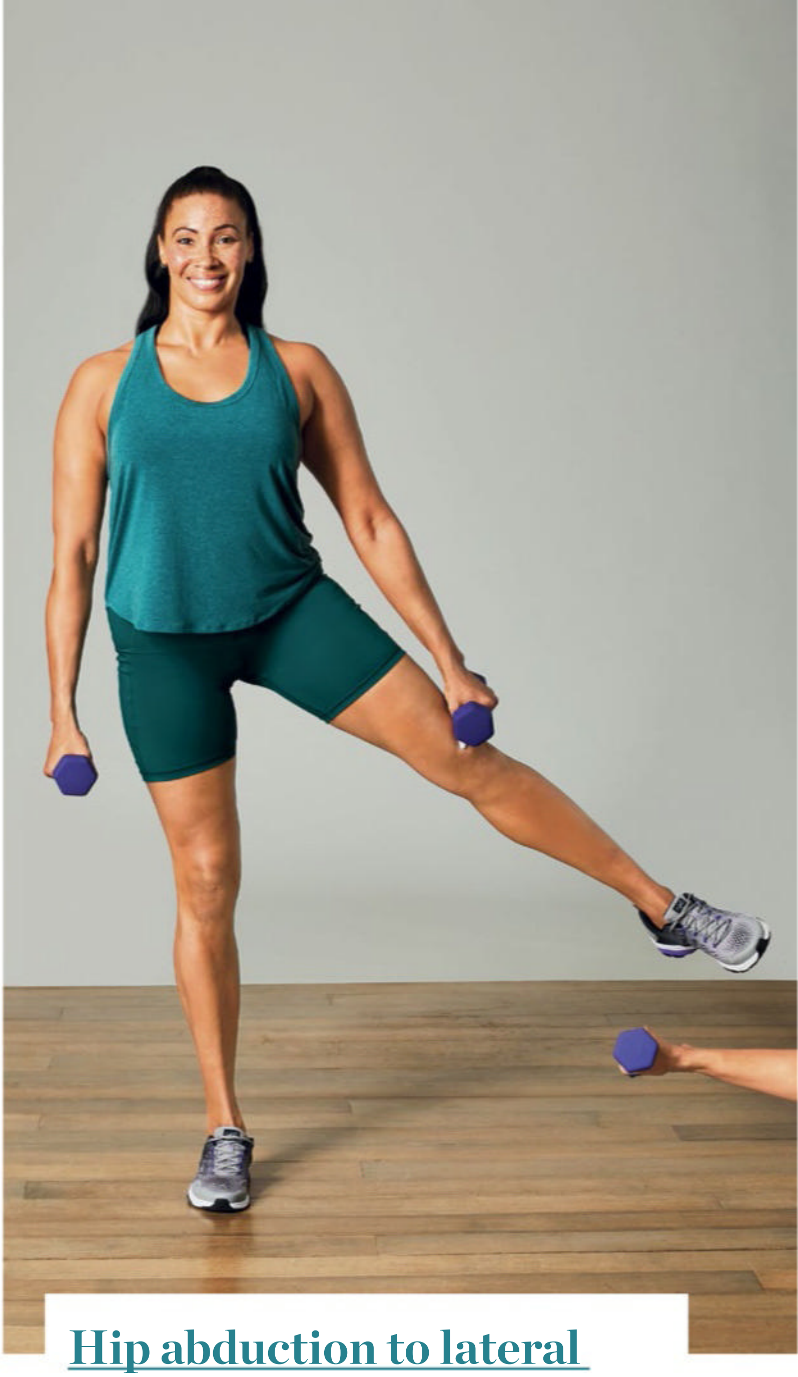
Squat to presses

WHAT IT WORKS

Quadriceps, glutes, core and shoulders

HOW TO DO IT

SET-UP Stand with your shoulders over your hips and your legs slightly more than hip-width apart, toes facing forward. Hold your dumbbells so they're level with your collarbones (shoulder height).
Step 1 Keeping your chest lifted and your spine tall, bend your knees and sink into a squat, tracking your knees in the same direction as your toes. Drop as low as you can, optimally deeper than 90 degrees. Hold momentarily.
Step 2 Squeeze your glutes and rise to the starting position.
Step 3 Keeping your legs and core motionless, raise the dumbbells overhead so your wrists are straight over your shoulders.
Step 4 Return to the starting position with dumbbells held at your collarbones. That's one rep.



Hip abduction to lateral shoulder raises

WHAT IT WORKS

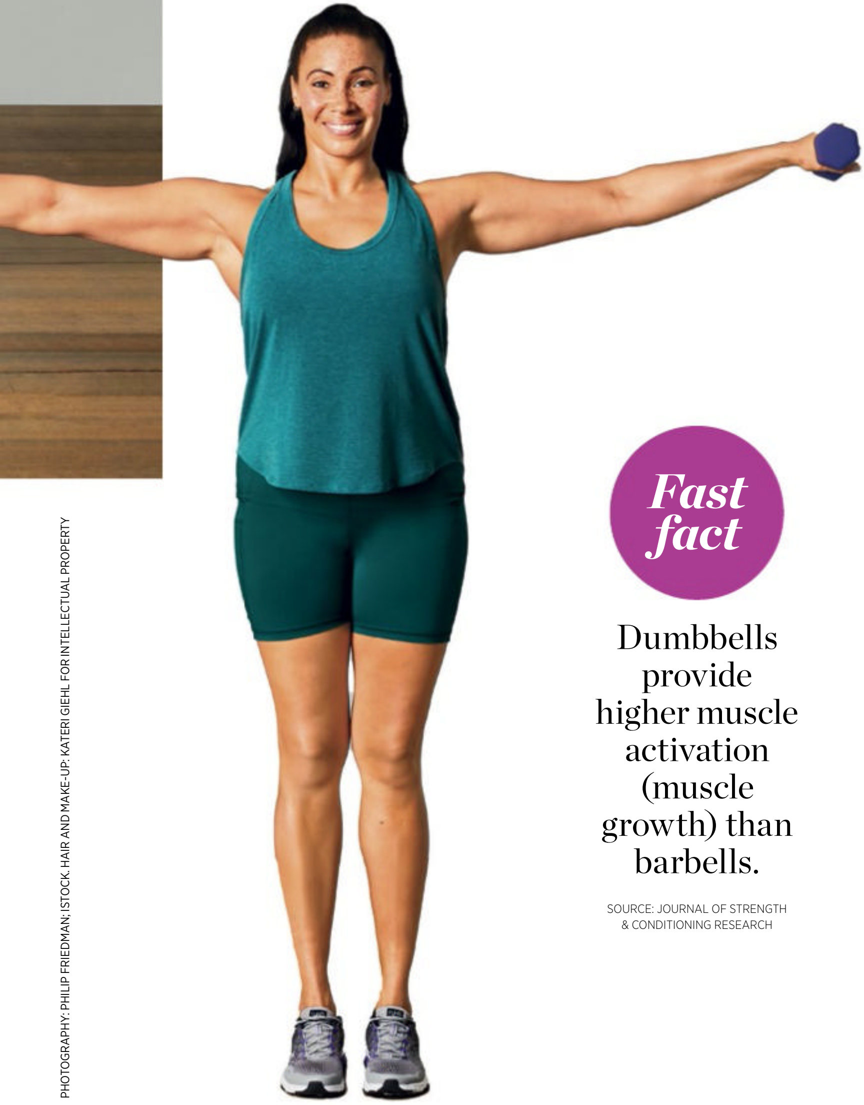
Sides of glutes, outer thighs, core and sides of shoulders

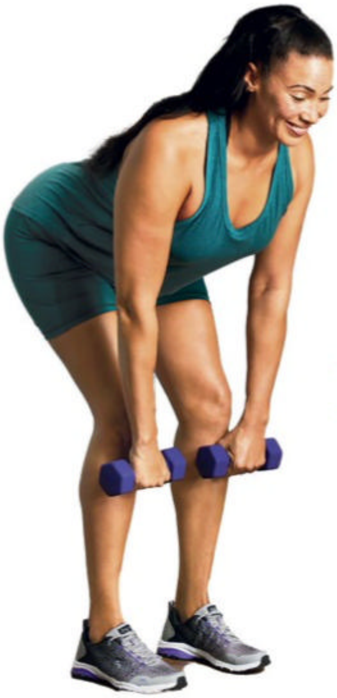
HOW TO DO IT

SET-UP Hold a dumbbell in each hand, resting your hands and the weights on your outer thighs. Stand tall with your shoulders over your hips and your legs hip-width apart, toes facing forward.
Step 1 Flex one foot and lift that leg out to the side, away from the midline of your body.
Step 2 Return the leg to the set-up position.
Step 3 Keep your arms straight and lift the dumbbells up and away from your body until you make a 'T' shape. Hold momentarily.
Step 4 Slowly lower the dumbbells back to your outer thighs. Repeat on opposite side. That's one rep.

CARDIO MATTERS!

Weight training is most beneficial when you also regularly do aerobic activities, such as walking, jogging, cycling or swimming.





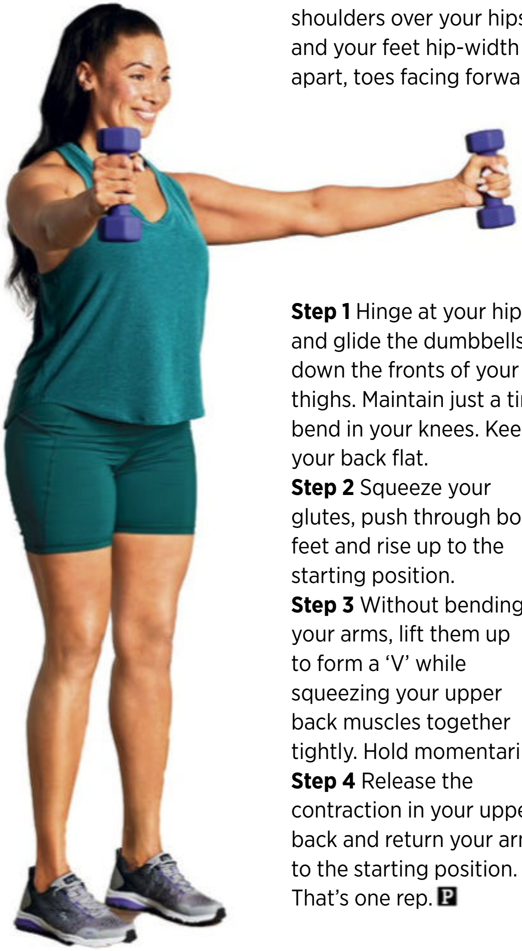
Deadlift to scaptions

WHAT IT WORKS

Hamstrings, lower back, glutes, core, upper back and backs of the shoulders

HOW TO DO IT

SET-UP Hold a dumbbell in each hand, arms dangling in front of your body. Stand tall with your shoulders over your hips and your feet hip-width apart, toes facing forward.



Step 1 Hinge at your hips and glide the dumbbells down the fronts of your thighs. Maintain just a tiny bend in your knees. Keep your back flat.
Step 2 Squeeze your glutes, push through both feet and rise up to the starting position.
Step 3 Without bending your arms, lift them up to form a 'V' while squeezing your upper back muscles together tightly. Hold momentarily.
Step 4 Release the contraction in your upper back and return your arms to the starting position. That's one rep. 🅿

Fast fact

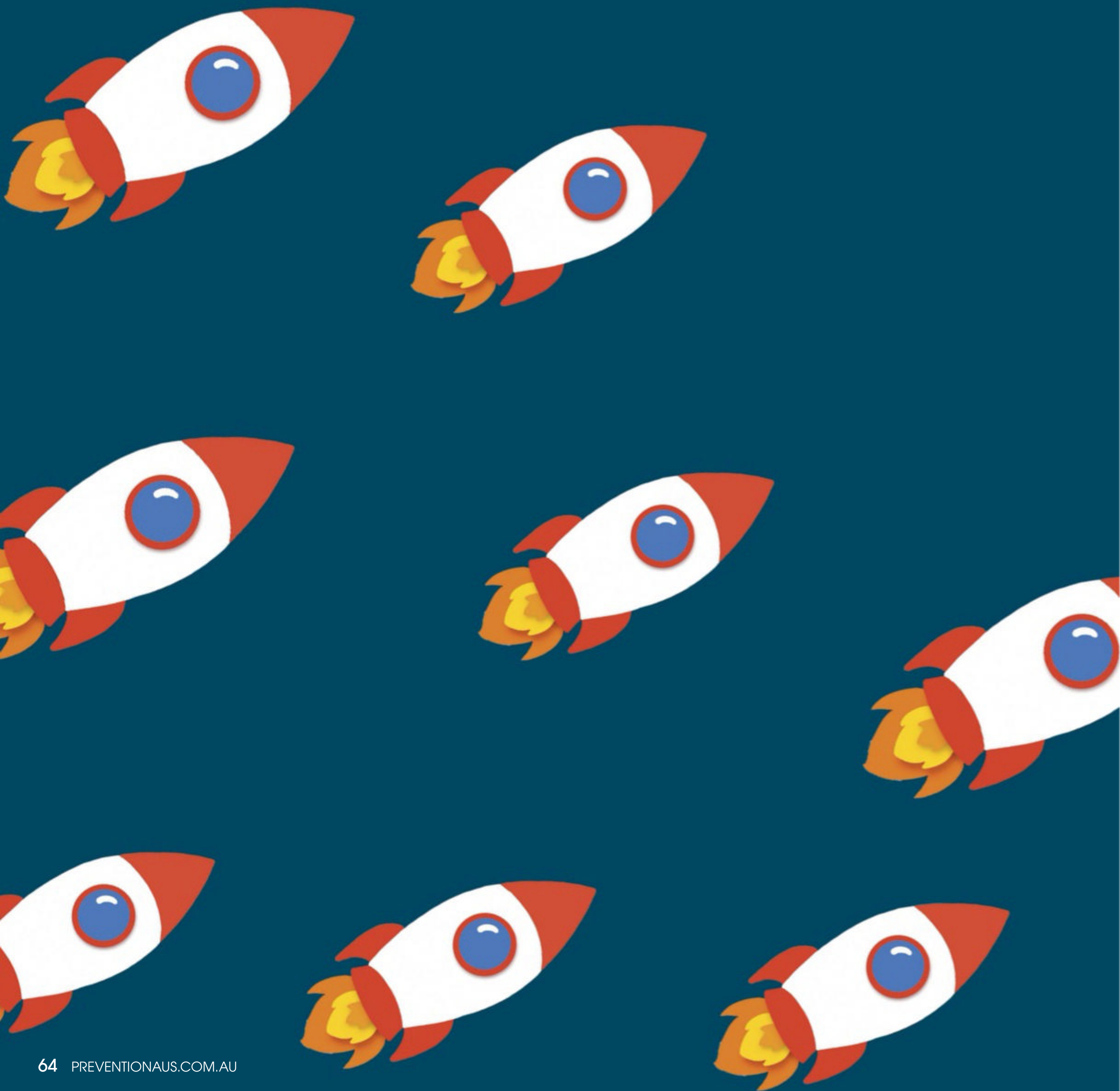
Dumbbells provide higher muscle activation (muscle growth) than barbells.

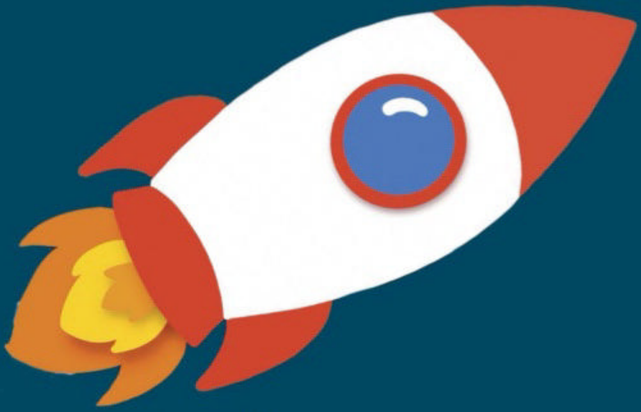
SOURCE: JOURNAL OF STRENGTH & CONDITIONING RESEARCH

PHOTOGRAPHY: PHILIP FRIEDMAN; ISTOCK. HAIR AND MAKE-UP: KATERI GIEHL FOR INTELLECTUAL PROPERTY

Did you know?

Sitting all day can keep the body in a state of low-grade inflammation.





The truth about inflammation

Discover the lifestyle habits that trigger the immune system to wreak havoc on your body, plus how to turn things around.

What is inflammation, anyway? Think about the last time you had a cut or scrape. Once your skin is broken, it becomes flooded with potentially harmful bacteria, so the immune system launches an attack, triggering the inflammatory process. Fresh blood and nutrients are ferried to the wound, causing it to become red, warm, painful and swollen. ►

> *Because inflammation's effects are slow to add up, there's a chance to halt them in their tracks.*

Sure, it's a little uncomfortable. But, within a few days, the wound has started to heal. A serious infection has been averted, thanks to inflammation!

We need this type of short-term inflammation to stay healthy. Problems occur, however, when inflammation is chronic or ongoing (see the subtle signs below). Inflammation that continues for longer than it should can damage healthy tissue, organs and bodily systems.

Things get worse when it's left unchecked for long stretches. Over time, chronic inflammation can lead to type 2 diabetes, rheumatoid arthritis, bowel disease, atherosclerosis (the hardening of artery walls from plaque build-up) and heart disease.

THE SUBTLE SIGNS OF CHRONIC INFLAMMATION

You can't see inflammation, but it can show up as:

- **Fatigue**
- **Brain fog**
- **Digestive problems**
- **Skin rashes**
- **Muscle aches**
- **Frequent colds that fail to resolve quickly**

The alarm bells of chronic inflammation tend to chime louder with time. The longer the body stays in a high-inflammatory state, the bigger – and more obvious – the toll can become. That's because the effects of inflammation are cumulative. The damage that's caused over years or decades may eventually lead to serious health issues that can affect your quality of life as well as your longevity. There's good news, though: Because inflammation's effects are slow to add up, there's almost always a chance to halt them in their tracks – or even reverse them. Over the following pages, we'll show you the simple lifestyle and diet tweaks that can add up to big benefits.

Meet the top inflammation triggers

Chronic inflammation – the kind that can lead to long-term health problems – is typically driven by your lifestyle. Here are some of the biggest offenders.

Diet
Regularly eating foods that are high in refined starches and sugars, or ones that are highly processed, can trigger the inflammatory process (think white bread, savoury crackers, biscuits or sugary drinks). Thankfully, though, adding more whole, or minimally processed, foods to your diet (such as fresh fruit, vegies and wholegrains) can have a protective effect.

Chronic stress
Stress signals the release of hormones, like cortisol, which activate the body's fight-or-flight response and turn on inflammatory activity. Developing a daily routine to tame the tension is also another way to combat inflammation. Try morning meditation or yoga.

Poor sleep
Consistently logging too few Zs can also kick the inflammatory process into high gear. What's more, research shows that women's bodies may be particularly prone to these effects. Getting into a regular bedtime habit, and switching off electronic devices a half hour beforehand, can help regulate your sleep cycle.

Sedentary lifestyle
Physical inactivity has been shown to keep the body in a state of low-grade inflammation while regular exercise is tied to reduced levels of inflammatory messengers in the blood. So, step outside and start getting active today.

Excess body fat
Fat tissue signals the liver to release inflammatory compounds, which may be why obesity is tied to higher levels of chronic inflammation. Maintaining a healthy weight can help reduce the number of inflammatory messengers in the blood.

Environmental toxins
Research suggests that chronic exposure to certain chemicals, including endocrine disruptors, such as bisphenol A (or BPA, found in some plastics), may contribute to heightened levels of inflammation. Making more mindful choices can help here. For instance, consider the way you store foods, and educate yourself about the ingredients in the soaps and lotions you put on your body and the things you clean your home with. ►

Did you know?

Studies show that eating a Mediterranean diet can reduce inflammation in people with osteoarthritis.

SOURCE: ARTHRITIS FOUNDATION

6 *incredible benefits of* ANTI-INFLAMMATORY EATING

Try our eating plan over the page and you'll experience all of these amazing changes.

1

EASIER WEIGHT LOSS

People who follow an anti-inflammatory eating pattern lose more weight than those who adhere to a kJ-restrictive nutrition plan, says one study. The anti-inflammatory diet's effectiveness may stem from how it impacts fat (adipose) cells. Low-grade inflammation is a characteristic of excess fat cell accumulation, which releases many inflammatory markers associated with obesity.

2

FEWER DIGESTIVE WOES

Anti-inflammatory eating helps to adjust the distribution of 'friendly' gut bacteria for the better, reducing the incidence of chronic wind, bloating and other digestive problems.

> *Anti-inflammatory diets can improve gut health, which, in turn, support your brain.*

3

IMPROVED MOOD

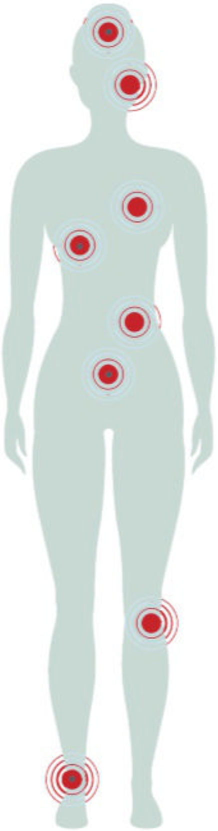
Diets rich in pro-inflammatory foods are more likely to cause depression. In a recent study of dietary improvement for adults with major depression (the 'SMILES' trial), Professor Felice Jacka, lead researcher and director of the Food and Mood Centre at Deakin University in Victoria, found that people who eat a diet rich in fresh fruit and vegetables, wholegrains and lean protein are less depressed and less anxious than those eating a diet high in processed foods.

What's more, the worse the inflammation, the more poorly people respond to antidepressants. On the flip side, however, is this: People who consume lots of anti-inflammatory foods (see side bar over the page) are less likely to develop depression in the first place.

4

LESS PAIN

Studies have shown that anti-inflammatory diets are beneficial for reducing pain in inflammatory conditions, like arthritis and tendonitis.



5

RESTFUL SLEEP

Inflammation seems to interfere with the body's circadian clock, which can affect your sleep-wake cycle, making it difficult to fall and stay asleep. On the other hand, anti-inflammatory eating may improve sleep quality.

6

MENTAL CLARITY

The nutrients from fruit and vegetables have been shown to suppress inflammation in the brain, potentially reducing the risk of memory loss and other cognitive problems associated with ageing. On top of that, anti-inflammatory diets can improve gut health, which, in turn, supports your brain. ►

Your anti-inflammatory EATING PLAN

Healthy fats from avocados, nuts and fish do more than drive down inflammation. They also make meals deliciously satisfying.

Decades of research have shown that many whole, minimally processed foods have anti-inflammatory properties that can support your health. And when eaten regularly, these foods can lead to a reduced risk of chronic diseases. For example, the health benefits of the Mediterranean diet are well documented. This eating pattern emphasises plant foods, such as fruit, vegies, nuts and legumes (beans, lentils, chickpeas), wholegrains and extra virgin olive oil, along with natural yoghurt and cheese (in moderation), some fish and only small portions of meat.

Anti-inflammatory eating simply means including foods in your diet that reduce inflammation. When you do that, there will naturally be less room for foods that do the opposite. The goal of this eating plan is to choose foods that'll nourish and protect your body. If the scales happen to nudge downward – and it very well may – that's great, too! You may find that you shed some weight because you're filling your plate with more whole foods and eating fewer of the processed kind.

HOW IT WORKS

At *Prevention*, we're big believers in the 80–20 rule: 80 per cent of the time, base your eating pattern around foods that have anti-inflammatory properties. The other 20 per cent of the time, enjoy fun foods, even if they promote a little inflammation.

Here's why you should try it

All-or-nothing food mindsets are hard to stick with! So, instead of saying, "I can't eat that," you can say, "I can eat part of it today and have some leftovers tomorrow." Sounds a lot more doable, right?

Following the 80–20 rule gives you some wiggle room to relish treats. In fact, allowing yourself to enjoy fun foods on a regular basis helps you avoid that diet-y, deprivation mindset. Keep in mind that it's often possible to reduce or diminish a treat's inflammatory effects by pairing it with an inflammation soother, as the chart on the right explains.

Anti-inflammatory foods to eat up!

Healthy fats Unsaturated fats, including omega-3s, can inhibit pro-inflammatory enzymes. Good picks include salmon, avocado, extra virgin olive oil and nuts.

Vegetables Carrots, spinach, tomatoes, cabbage, capsicums, Brussels sprouts, bok choy, cauliflower and broccoli pack an antioxidant punch to protect cells from free-radical damage.

Fruit Berries, apples, citrus, cherries and kiwifruit are all rich in protective polyphenols. They also serve up plenty of fibre to support immune health by feeding good bacteria in the gut.

Wholegrains Opt for wholegrain bread or pasta, brown rice, quinoa, barley or rolled oats over refined grains. "Wholegrain foods are fibre rich, which slows the rate of starch digestion leading to lower blood glucose and insulin levels after a meal," nutritionist Kathleen Alleaume says. "And since they haven't been stripped of nutrients, they offer key vitamins and minerals that you won't get from refined carbs."

Tea and coffee Rich in antioxidants, these may protect against cellular damage. Just limit extras like added sugar. (And for a good snooze, avoid caffeine in the evening.)

Water H_2O not only hydrates you, it also helps to regulate your body temperature, keep joints lubricated, deliver nutrients to cells and keep organs functioning properly. ►

Lean protein Lean chicken, eggs, beans and soy foods, such as tofu and tempeh, support stable blood sugar levels and keep appetite in check. Fatty fish, such as salmon, mackerel, tuna, herring and sardines, are also good protein picks as they have the added benefit of omega-3s. And plant proteins, such as beans and legumes, provide an extra helping of phytonutrients and fibre.

Herbs, spices and condiments Flavour enhancers, such as black pepper, ginger, rosemary, turmeric, saffron, cinnamon and garlic, are rich in inflammation-fighting polyphenols. That's also true for condiments, such as fiery harissa paste or even a pesto – the olive oil base delivers a dose of healthy fats.

Inflammation triggers in food to be mindful of

FOODS RICH IN SATURATED FATS

Fatty meats, full-fat dairy, baked goods (think muffins, croissants and cakes), fried foods and packaged snacks tend to be high in saturated fats, which raise LDL ('bad') cholesterol and triglycerides while lowering HDL ('good') cholesterol. Over time, if these are a regular part of your daily diet, they can increase the risk of a heart attack or stroke.

REFINED CARBOHYDRATES

That's white rice, white bread, white pasta, rice crackers, cakes, biscuits and added sugars (including honey and maple syrup). Refined carbs are broken down quickly by the body, triggering a rapid blood sugar spike. "Chronically high blood sugar creates an inflammatory response that increases inflammation in the body," says Kathleen.

PROCESSED MEATS

In addition to being high in saturated fat, foods like bacon, sausage and deli meats contain preservatives, such as nitrates, which can raise levels of inflammation and may contribute to an increased risk of cancer.

CHARRED MEATS

Barbecuing or frying meat until it's black and crispy can cause animal proteins to develop carcinogenic compounds, such as polycyclic aromatic hydrocarbons and heterocyclic amines. These compounds are tied to an increased risk of cancers, including colon, breast and prostate cancers.

TRANS FATS

Also called partially hydrogenated oils, trans fats are fats that have been chemically altered to stay solid at room temperature. They're often added to packaged or processed foods, such as margarine, fried foods, microwave popcorn, potato chips and store-bought baked goods. Trans fats significantly raise inflammation and increase the risk of heart disease, so try to really limit these.

SWEETENED BEVERAGES

Soft drinks, juices, hot chocolate and coffee loaded with syrup are high in added sugar and offer little nutrition. They can ramp up inflammation – and drinking too much of these has been linked to obesity and elevated levels of LDL cholesterol.

Your
MEAL PLAN

These delicious meals, as well as snacks, all contain that powerful anti-inflammatory combination of fibre, protein and healthy fats. Use these ideas to kick-start your new approach to healthy eating. You'll start seeing and feeling the difference in no time!

BREAKFAST	FIBRE	PROTEIN	HEALTHY FATS
Berry porridge	Rolled oats with a handful of blueberries	Greek yoghurt	Chia seeds
Smoked salmon toast	Multigrain toast	Smoked salmon	Avocado
Vegie omelette	Spinach, mushrooms	Eggs	Extra virgin olive oil
LUNCH			
Sweet potato, feta frittata	Sweet potato, asparagus	Eggs, feta	Extra virgin olive oil
Chicken and lentil salad	Lentils, mixed salad	Free-range chicken	Avocado
Falafel wrap	Wholegrain wrap, salad	Chickpea falafel	Tahini (sesame seeds)
DINNER			
Fish and vegetable pilaf	Wholegrain rice, roasted vegetables	Fish	Sprinkle of extra virgin olive oil
Ratatouille	Roasted egg plant, zucchini	White beans	Extra virgin olive oil
Baked fish	Sweet potato, steamed greens	Salmon	Salmon (omega-3s)
SNACKS			
Crudités	Vegie sticks	Hummus	
Fruit and nuts	Apple	Nut spread (also healthy fat)	
Popcorn	Plain popcorn	Tub of natural yoghurt	

Making each meal a combo of fibre, protein and healthy fats is the cornerstone of an anti-inflammatory way of eating. It starts with having the key ingredients, so stock up on the following when shopping:

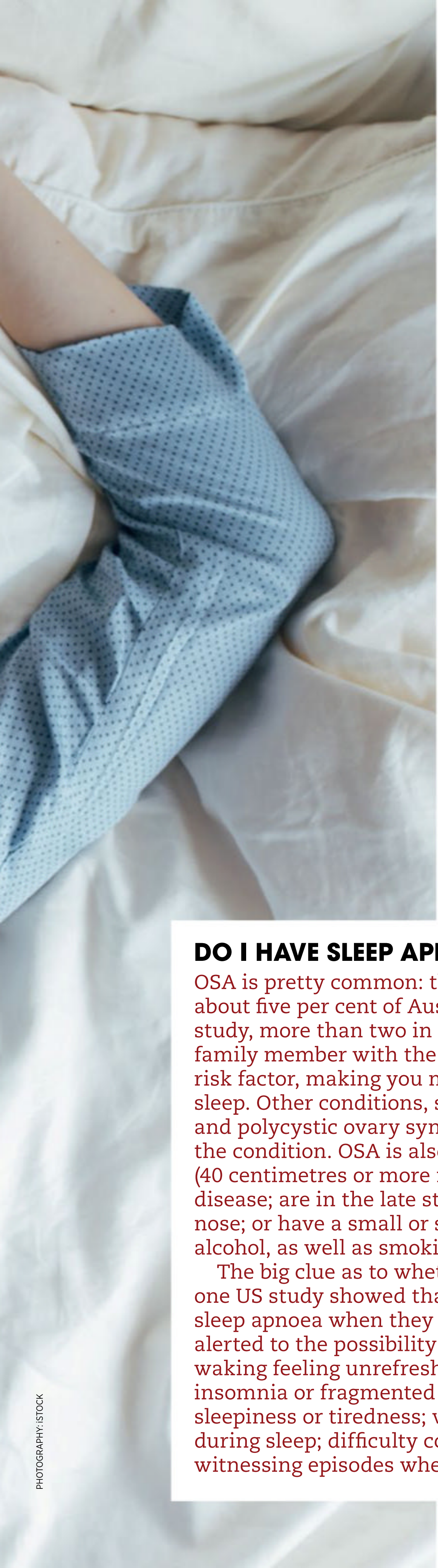
- A variety of fruit and vegies
- Wholegrains
- Legumes and beans
- Healthy fats, like olive oil and nuts
- Moderate amounts of lean meats, seafood and dairy

Eat this way and you'll help stave off many harmful conditions associated with ageing and increase your inner and outer markers of good health. So, what are you waiting for?

WORDS: EDITORS OF PREVENTION & KATHLEEN ALLEAUME. PHOTOGRAPHY: GETTY IMAGES; ISTOCK

A thief in the night

Obstructive sleep apnoea, while more common in men, can be an energy zapper for women, too. So, what is it and what can help? GP Dr Sarah Jarvis explains.



PHOTOGRAPHY: ISTOCK

When you sleep, your muscles relax, including those in your tongue and pharynx (throat). This usually doesn't cause any problems, but if your throat closes up completely, you'll stop breathing. When that happens, your oxygen levels drop, triggering your brain to stimulate your body to jerk and rousing you to start breathing again. This is called obstructive sleep apnoea (OSA). Apnoea is the medical term for stopping breathing, and it's 'obstructive' because your upper airways collapse intermittently while you're asleep, blocking the flow of air into your lungs.

In more severe cases, these breathing pauses and jerks can happen hundreds of times a night. As you rouse, you may grunt or gasp, then relax again and go back to sleep. The next day, you may not remember doing it: I've noticed among my patients that it's often partners who drag them to see me, terrified by repeatedly seeing or hearing their loved one stop breathing. These arousals disrupt your sleep pattern and quality, leading to increased daytime tiredness.

DO I HAVE SLEEP APNOEA?

OSA is pretty common: the Sleep Health Foundation estimates it affects about five per cent of Australians. It may run in families, too. In one study, more than two in three people diagnosed with OSA had another family member with the same condition. Being overweight is a major risk factor, making you more prone to narrowing of the pharynx during sleep. Other conditions, such as underactive thyroid, Down syndrome and polycystic ovary syndrome (PCOS), have all been associated with the condition. OSA is also more likely if you have a large neck size (40 centimetres or more for women); have type 2 diabetes or heart disease; are in the late stages of pregnancy; have a persistently blocked nose; or have a small or set-back lower jaw. Sleeping tablets and alcohol, as well as smoking, also increase your risk.

The big clue as to whether you might be at risk of OSA is snoring – one US study showed that 96 per cent of snorers had some degree of sleep apnoea when they were tested. But your doctor will also be alerted to the possibility of OSA if you experience any combination of waking feeling unrefreshed despite an apparently good night's sleep; insomnia or fragmented sleep; headaches on waking; unexplained sleepiness or tiredness; waking up to empty your bladder; choking during sleep; difficulty concentrating or poor memory; or a partner witnessing episodes where you stop breathing while asleep. ►

SHOULD I WORRY?

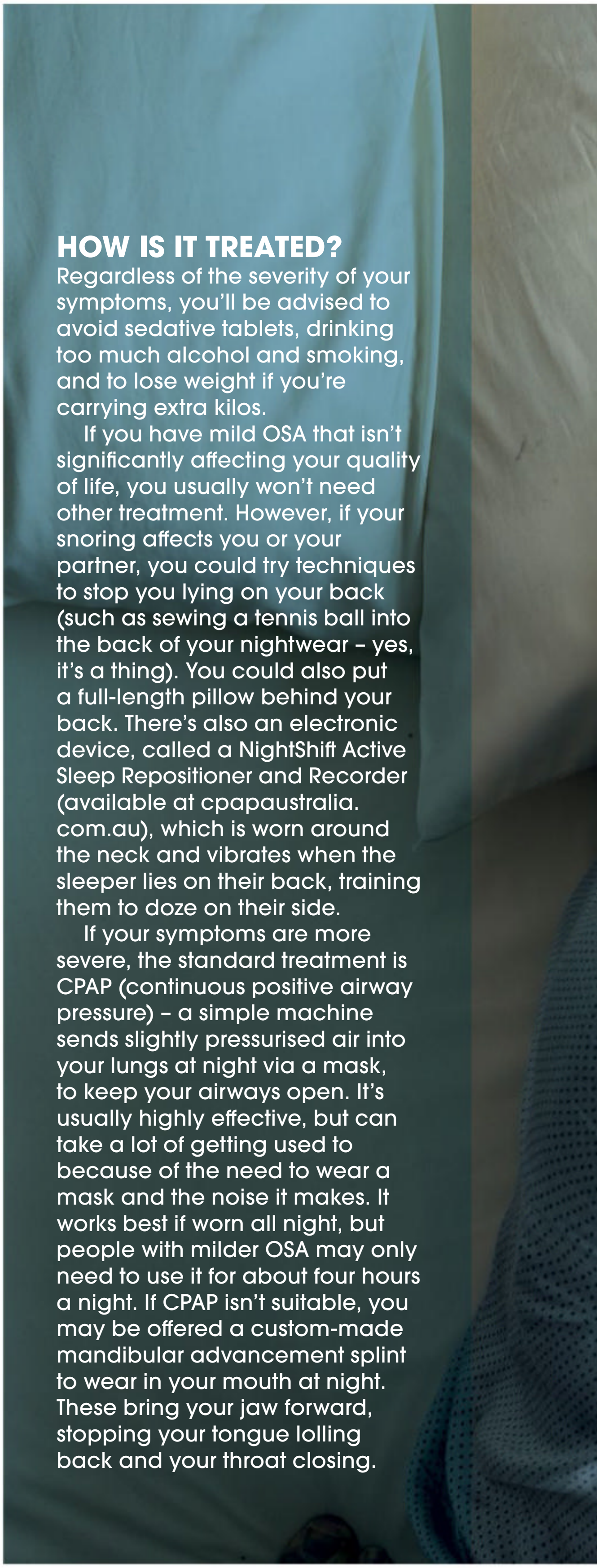
OSA won't stop you breathing permanently, so don't fret too much – your brain will trigger you to wake up as soon as it detects low oxygen levels. But, it can have a significant impact on your quality of life if you're constantly tired. And if you're sleep deprived due to OSA, you may be up to nine times more likely to be involved in a road traffic accident.

But there are other, less obvious consequences, too. Untreated OSA has been linked to a higher risk of high blood pressure, heart attack, stroke, heart failure (where your heart can't pump blood efficiently enough around your system, leading to fluid build-up in legs and lungs), abnormal heart rhythms, such as atrial fibrillation, and even type 2 diabetes. While it's not entirely understood how OSA can lead to these serious health consequences, it's thought that it might be linked to its effect on the pressure inside your chest cavity, inflammation in the body and being in a repeated high state of alert.

Getting a diagnosis

If you're presenting with symptoms, your doctor will likely ask you to complete the Epworth Sleepiness Scale (developed by Aussie Dr Murray Johns at the Epworth Hospital in Melbourne), which is routinely used to rate how much impact daytime sleepiness is having on your life. You score how likely you are to doze off during eight routine activities, including watching TV or sitting in a car. For each activity, you score 0 if you'd never doze, and up to 3 if there's a high chance you'd doze off. A total score of at least 16 means you have 'severe excessive daytime symptoms' and need investigation.

If your symptoms and sleepiness score suggest moderate or severe OSA (or if your symptoms are having a big impact on your life), your doctor should refer you to a sleep clinic. Here, the team will arrange tests, some of which (an oxygen monitor worn on your finger or a respiratory polygraph that measures your breathing while you sleep) can be done at home. You may also need to go into the hospital to be monitored overnight. Tests may involve measuring your blood oxygen, breathing rate, night movement and/or brain waves.



HOW IS IT TREATED?

Regardless of the severity of your symptoms, you'll be advised to avoid sedative tablets, drinking too much alcohol and smoking, and to lose weight if you're carrying extra kilos.

If you have mild OSA that isn't significantly affecting your quality of life, you usually won't need other treatment. However, if your snoring affects you or your partner, you could try techniques to stop you lying on your back (such as sewing a tennis ball into the back of your nightwear – yes, it's a thing). You could also put a full-length pillow behind your back. There's also an electronic device, called a NightShift Active Sleep Repositioner and Recorder (available at cpapaustralia.com.au), which is worn around the neck and vibrates when the sleeper lies on their back, training them to doze on their side.

If your symptoms are more severe, the standard treatment is CPAP (continuous positive airway pressure) – a simple machine sends slightly pressurised air into your lungs at night via a mask, to keep your airways open. It's usually highly effective, but can take a lot of getting used to because of the need to wear a mask and the noise it makes. It works best if worn all night, but people with milder OSA may only need to use it for about four hours a night. If CPAP isn't suitable, you may be offered a custom-made mandibular advancement splint to wear in your mouth at night. These bring your jaw forward, stopping your tongue lolling back and your throat closing.

30

Any more than this number of sleep interruptions per hour and you have severe sleep apnoea (normal OSA is fewer than five).

SOURCE: BETTER HEALTH CHANNEL

The latest developments

eXciteOSA is a new prescription-only silicon mouthpiece that's now available in Australia. It works by using a mild electrical current to stimulate and improve muscle function in the tongue. It's designed to be used for 20 minutes a day, initially for six weeks, and studies show it's effective in reducing snoring, sleep apnoea episodes and daytime sleepiness. Find out more at exciteosa.com

PHOTOGRAPHY: COURTESY OF PREVENTION US.

UP IN SMOKE

Exhausted, frustrated, forgotten what relaxation feels like? You might be suffering from burnout. Here, anxiety and mental health author and counsellor Bev Aisbett explains what to look for and how you can bounce back.

WHAT IS BURNOUT?

The moment you wake up, you're 'on' until bedtime. You grab something to eat on the run. If you do get any exercise, you cram in a high-intensity workout. You must be constantly available. Even 'relaxation' means bingeing so you don't miss out. You're too wired to sleep and too tired to function, but you repeat this day again and again and again. If this goes on, you could soon be suffering from burnout.

While the World Health Organization defines burnout as a 'syndrome … resulting from chronic workplace stress that hasn't been successfully managed', there are various types of burnout associated with many aspects of our day-to-day lives. Burnout can affect anyone, from stressed-out career-driven people and celebrities to overworked employees and homemakers.

Do our quick burnout quiz (opposite) and then turn over for your guide to finding that zest again.

PHOTOGRAPHY: COURTESY OF PREVENTION US

Take this test

- ☐ Has it become normal for you to feel stressed?
- ☐ Are you constantly exhausted but can't seem to take a break?
- ☐ Do you feel that you're tied to a situation requiring self-sacrifice?
- ☐ Do you feel that you have no choice but to be available?
- ☐ Do you think that no-one else can do things as well as you?
- ☐ Are you operating from absolutes?
- ☐ Do you act as if you're invincible…
- ☐ … or that your own health and wellbeing are of secondary importance?

If you've answered yes to most of these questions, you're very likely burnt out. Now let's go deeper and solve the issue. ►

How can I tell IF I'M BURNT OUT?

There's a difference between the feelings of overwhelm you may experience in burnout and the negative feelings associated with depression. With burnout, most of the negative feelings and sensations you're experiencing relate to a specific situation. They'll be eased by addressing the pressures associated with being in that situation (for instance, by taking time off from work).

With depression, negative thoughts and feelings tend to focus on all areas of life and include low self-esteem, hopelessness and often suicidal ideations, so 'taking a break' may not be a good solution (and may actually make depression worse). If you feel this way, you should seek specialised care from a trained professional. If you don't make changes to the situation that's causing your burnout, however, you may set yourself up for depression.

It's important to remember that physical illness or certain medications can also cause symptoms such as fatigue. So, before you conclude that you're suffering from burnout, explore other possible causes for your tiredness with your doctor first.

SIGNS AND SYMPTOMS OF BURNOUT

Often, you don't know you're burnt out until you're in it, so it's important to take notice of these signs before things go too far.

EXHAUSTION

Are you tired all the time? That is not normal! A clear sign of burnout is ongoing exhaustion and fatigue. Most days, you can't find any energy and feel completely spent – even if you haven't done a lot of physical activity.

BRAIN FOG

You're feeling clumsy and forgetful and making silly mistakes. Memory loss, in particular, is a sure sign your body is under a lot of stress. Constant 'busyness' impacts the brain's executive function.

MORE FREQUENT ILLNESS

You get sick more often than before – and it can also take longer for you to recover. You may also notice new physical complaints manifesting and getting worse, including headaches, muscular stiffness, skin rashes and digestive problems.

EASILY IRRITATED

You feel tense and cranky; the slightest thing can set you off. Being in a constant state of agitation can cause heightened sensitivity. More things will 'trigger' you that you once might've hardly noticed.

WEIGHT GAIN

You may notice that you've put on weight, especially around your belly. Stress wreaks havoc on your metabolism by stimulating high levels of cortisol (the primary stress hormone produced by the adrenal glands), leading to increased appetite and cravings, making it easier for you to accumulate belly fat.

WEIGHT LOSS

Conversely, you may be losing kilos at a similar rate without really trying. Because stress continuously stimulates muscles to be ready for action, this can deplete your supplies of glycogen (a derivative of glucose that's a form of energy storage). Being always 'pumped' eats away at your energy reserves, causing weight loss.

PHOTOGRAPHY: GETTY IMAGES; COURTESY OF PREVENTION US

FLATLINE LIBIDO

You may just not feel like having sex, and you're so tired and wired, you'd happily trade it for sleep! Even at the best of times, libido is a delicate dance among several factors – physical, mental, emotional and hormonal. If you're severely stressed, it's not surprising that your sex drive may take a nosedive. Conversely, your sex drive may actually spike. This may be driven by a desire for comfort or distraction. Either way, it's not the usual.

INSOMNIA

Even though you're exhausted, you simply can't get to sleep. When you're constantly stressed, you remain on high alert for potential danger or threat (real or imagined), and your body responds in kind and struggles to switch off. Alternatively, you may pass out from sheer exhaustion as soon as you hit the pillow, only to wake in the early hours and be unable to go back to sleep.

LACKING MOTIVATION

Things you used to enjoy may now leave you flat; you just can't raise any enthusiasm for many aspects of your life. Of course, if your energy is sapped, this also diminishes your ability to fully engage in life.

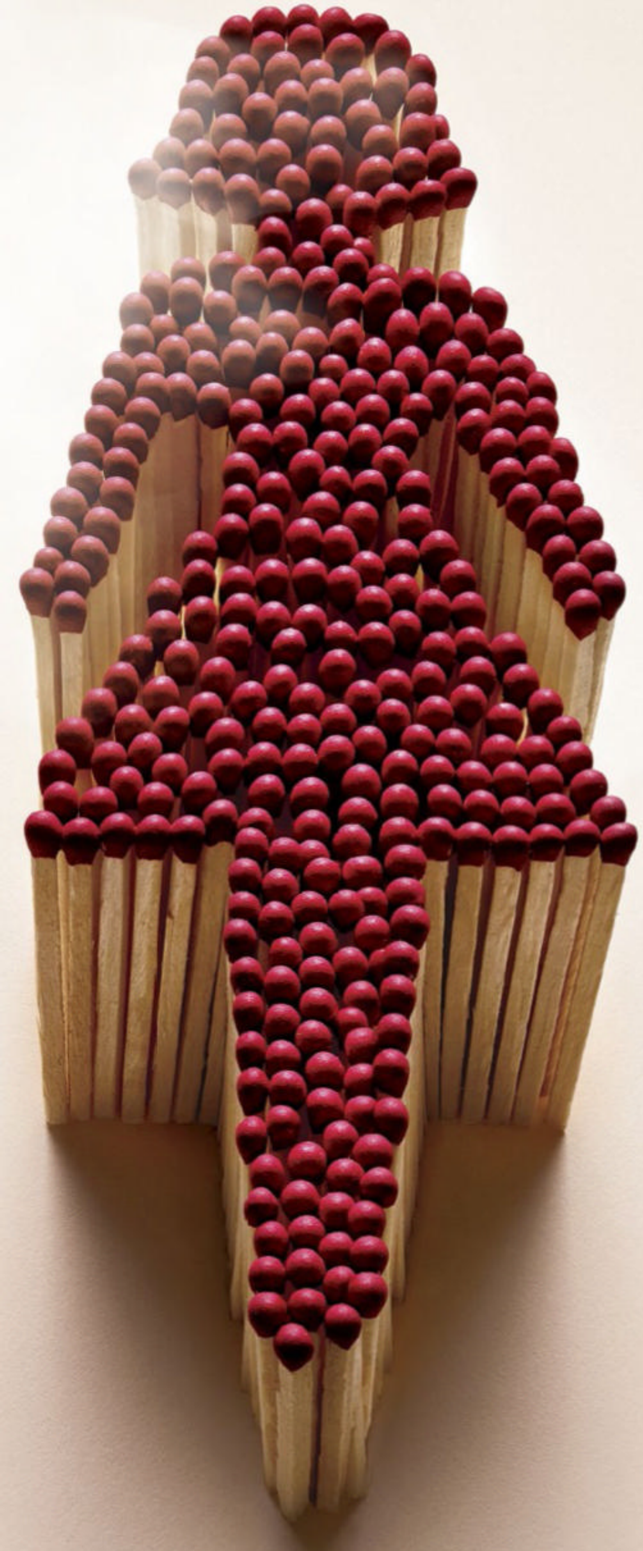
DEPRESSION

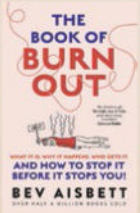
You feel low. From where you are, life looks bleak and you may begin to lose hope of it ever improving. While burnout does not automatically result in clinical depression, it can certainly make you more vulnerable to becoming depressed if you're predisposed to it.

Relationship strain

You may find yourself more at odds with others. You can have trouble being sociable. You can feel cranky and flat. Let's face it – if you're burnt out, you're not exactly fun to be around! Even though this isn't really your fault, the changes in your character can take a toll on your relationships. ►

Remember to keep an eye on yourself. It can be way too easy to slip back into your old habits and, before you know it, you're back to being burnt out again.




THE BOOK OF
BURN OUT
AND HOW TO STOP IT BEFORE IT STOPS YOU!
BEV AISBETT

Edited extract from *The Book of Burnout* by Bev Aisbett (HarperCollins, $22.99)

PHOTOGRAPHY: COURTESY OF PREVENTION US

The power of emotional intelligence

Some people actually thrive in high-stress, demanding roles and don't succumb to burnout. How to be like them? Just do the four Ds:

DETACH: "This is a client – it's not personal"

DEBRIEF: Talk to someone

DELIBERATE: "How could I have managed that situation better?"

DECOMPRESS: Taking time out

TAKING THE FIRST STEPS

Here are a few ways to help you deal with burnout.

GET SOCIAL AND STAY SOCIAL

The saying 'All work and no play makes Jack a dull boy' has some wisdom in it. Hanging out and letting loose with others can have numerous benefits, such as a sense of belonging, increased self-esteem, more relaxation and a greater sense of security.

MAKE YOUR OWN WELLBEING THE PRIORITY TASK

Being your best self should be the goal. Your best self is not this driven, exhausted, overstretched being. Your best self is well-rested, has plenty of energy, is enthusiastic, easily manages tasks, eats well, has fun and enjoys life.

LEARN TO DELEGATE

Have you actually asked for help? People may have got so used to you not asking that they think you're managing. Your fierce independence may have sent a message to people that they're not needed, and people like to be needed. You might be surprised at how willing others may be to help you when you admit you're struggling.

BE A FRIEND TO YOURSELF

Would you really put someone you cared about through such a punishing routine? Start being kinder to yourself. You have as much right to be happy and to enjoy life as anyone else. Why should you be exempt?

DON'T BE AFRAID TO SAY 'NO'

When you say 'no' to something you don't like or want, you're actually saying 'yes' to yourself – you're affirming that you have a right to disagree with or refuse something that isn't in your best interest. You're also recognising that your time, energy and health are every bit as important as everyone else's.

KNOW WHEN TO STOP!

When you let go of doing too much, you make room for doing just enough. You now have the space to fill with whatever you've been missing. So, book in that holiday. Dig in your garden. Do whatever you like. Haven't you earned it?

If you're struggling, visit beyondblue.org.au or call Lifeline on 13 11 14.

ADD LIFE THINGS TO YOUR TO-DO LIST, NOT JUST WORK THINGS!

How about giving the same priority to pleasure and relaxation as you have to your work list?

HEADS-UP

If you sometimes feel like your brain is looking its age, rest easy. Here, experts share their best ways to keep your brain younger for longer.

BY MICHELE O'CONNOR

Whether you're working on a tough project, travelling to a new country or reading an engrossing book, you need a sharp brain to appreciate all life has to offer. Yet most of us devote more time to looking after our teeth than we do our brains. "Your brain is the most precious part of the body and defines who you are," says psychiatrist Professor Gill Livingston. "Looking after your brain isn't just about remembering things, it's about your feelings, reactions and simply enjoying life more."

It's true that our brains change with age, starting from as young as our 20s. But cognitive decline isn't an inevitable part of the ageing process, says neuroscientist Professor Hana Burianová. "The brain's structure and function changes and adapts throughout your lifetime," she says. Your lifestyle and habits can directly affect brain 'elasticity'. In a nutshell, your brain not only influences your behaviour, but is also influenced *by* your behaviour. And your lifestyle can either contribute to your dementia risk or help protect you against it.

By making daily brain-healthy choices, you can not only protect your brain in the long term, but also provide sounder sleep, sharper thinking and improved memory. Here, experts share their brain-boosting advice.

1 Be a bookworm

Love getting stuck into a good book? Your brain loves it, too. In fact, studies suggest regular readers have improved reasoning skills, vocabulary, concentration and critical thinking. In a recent study, published in the journal *Brain Connectivity*, researchers used MRI brain scans to measure the impact of reading a novel and found that, as tension built in the story, more and more areas of the brain lit up with activity.

TIP "Read a variety of books, including non-fiction, to use different parts of the brain," suggests Professor Livingston. "Also listen to audiobooks to 'read and walk' – both great brain activities." ►

2 Take a brain break

Just as your body needs to recover after vigorous exercise, your brain needs regular rest periods in the working day. “Take little breaks to deactivate the frontal cortex – even if it’s just thinking about something else for 30 seconds,” suggests Professor Burianová. Gaze out of the window and allow your mind to wander.

3 THINK ON YOUR FEET

Your brain performs better when you stand, according to a study published in *Psychological Science*, because blood circulates more efficiently, meaning the brain absorbs more oxygen. A report in the *International Journal Of Environmental Research And Public Health* found that standing desks increased concentration, which in turn led to an improvement in creative ability, troubleshooting skills and performance.

TIP If you don’t have a standing desk, simply stand up whenever you need to solve a problem.

Did you know?

Standing desks help delay muscle degeneration by keeping your muscles activated and your body moving throughout the day.

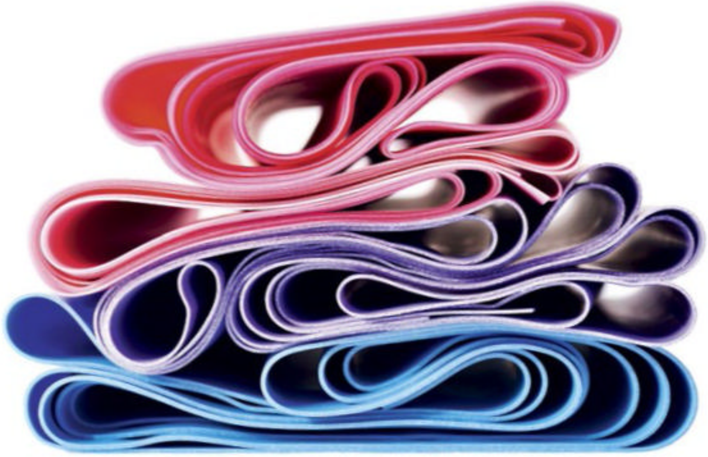
4 FILL YOUR WATER BOTTLE

Mild dehydration can impair cognitive performance, particularly when doing tasks involving attention and motor co-ordination. In fact, a UK study revealed that even mild dehydration is equivalent to being over the drink driving limit in terms of driver errors. "Aim for 2–3 litres a day – adding an additional glass of water for every alcoholic or caffeinated drink, hot days and very active lifestyles," advises neuroscientist and life coach Laura Ellera.

5 MAKE IT 'NEW'

You're likely familiar with aerobics, but have you heard of 'neurobics'? Trying something new, or doing routine habits slightly differently, 'exercises' the brain. "Our brains love new things," says Professor Burianová. A UK study found that the region in the midbrain responsible for regulating motivation and processing reward responds better to novelty than to the familiar. "Even mundane tasks can be revamped."

TIP Try using your non-dominant hand to do a task. This requires the brain to pay closer attention to a normally unconscious behaviour.



6 Build strength

Incorporating hand weights, kettle bells and/or resistance bands into your fitness routine is not only great for your heart, bones and maintaining muscle mass, but it also boosts your brain health, especially learning and memory. Researchers from The University of Sydney found that six months of strength training (90 minutes a week spread over two or three sessions) can help protect brain areas that are especially vulnerable to Alzheimer's disease. ►

7 Boost your vitamin B

"Without enough vitamin B, your brain can't make the chemicals you need for mood, brain function and healthy sleep," says psychotherapist Dr Mike Dow, author of *The Brain Fog Fix*. Get your B from foods such as meat, poultry, fish, eggs, dairy products and leafy greens.

TIP Vegemite on wholegrain toast is a good source of many B vitamins (though Marmite is even better).

Did you know?

Studies show that most adults can store only five to nine items (like on a shopping list) in their short-term memory.

SOURCE: SIMPLY PSYCHOLOGY

9 KEEP LEARNING

Your brain doesn't have limited capacity – it's an incredibly powerful muscle that'll grow the more you use it. "When you learn something new, your brain forms new connections and associations," says Professor Burianová. "Think of it like rivulets forming in the ground after a fresh rain shower; the new information creates indentations and pathways in the soil of your mind." And you don't have to go back to school to reap the benefits.

TIP "Visit an exhibition, museum or gallery, or find out about another culture while you're on holiday," recommends Professor Livingston. It's all about living with increased curiosity.

8 USE A MAP

Drivers who rely on sat navs restrict their brain's ability to hold memory and problem solve. In fact, researchers warn that the hippocampus – a major component of the brain that controls navigation – is the first to deteriorate in people with dementia. So try looking at a map before your next unfamiliar journey (but keep the sat nav handy in case you get lost!).

22%

This amount of people lived longer if they had a solid group of friends, according to an Aussie study.

SOURCE: FLINDERS UNIVERSITY

10 BREATHE FROM THE BELLY

Women, in particular, tend to breathe with their chest rather than their stomach, explains Professor Burianová. This means they're taking in less oxygen, which is vital for the brain. This shallow breathing is linked to anxiety, fatigue and muscle tension. Imagine a balloon in your stomach: inhale and gently inflate the 'balloon', then exhale as slowly as you can to let the balloon deflate.

11 Prioritise friendships

"Socialising supports brain plasticity," says Professor Burianová, explaining that loneliness as we get older is linked to brain deterioration. Chatting and laughing with others cements bonding, reduces stress and raises levels of serotonin – a key neurotransmitter linked to mood. "Being alone is fine as long as you feel content," she says. "Feeling lonely is very different."

TIP Multigenerational friendships can help you maintain a youthful outlook on life, so don't just mix with friends your own age. One study showed that the larger and more varied a social network women had, the younger they felt.

12 Get some sun!

Vitamin D deficiency is linked to poor memory function and low mood. We get most of this vitamin from sunlight, and a surprising one in four Australians are deficient in it. A report in *The American Journal Of Clinical Nutrition* suggests that correcting vitamin D deficiency could prevent as many as 17 per cent of cases of dementia. However, your body can't make vitamin D from sitting behind glass windows, which absorb the rays you need to make vitamin D, so pop outside!

TIP Mushrooms already contain some vitamin D, but sunlight exposure creates more of it. So, place some button mushrooms out in direct sun for about an hour to get your daily requirement.

PHOTOGRAPHY: ISTOCK

Say 'yes' to adventure

Back in April, Michelle Lee, 50, rowed a mind-boggling 14,000 kilometres solo across the Pacific Ocean from Ensenada, Mexico, to Port Douglas, Queensland. It took 237 days alone at sea, unassisted, and it capped her triumph as the first Australian woman to row solo across the Atlantic Ocean four years earlier. Here, she describes the thrill of living a life less ordinary.

AS TOLD TO DONNAY TORR

PHOTOGRAPHY: ISTOCK

After re-evaluating her life, Michelle (right) decided she needed some more excitement.

You could rightly ask why on earth I'd do something like this again, but the seeds were already planted during my earlier Atlantic row four years ago. I was going through my footage afterwards, and somewhere around day 23, I heard myself saying, "Now, if I were to row the Pacific Ocean…" I was probably thinking, "I can do this a whole lot better, now that I know all this stuff I didn't know before."

Also, there was my boat, *The Australian Maid*… We built it from scratch and it had a lot of my blood, sweat and tears poured into it, so it felt like a waste of all the effort involved to not use it again. Ultimately, though, you could call it my COVID project. When we went into lockdown, I went into meltdown. So, I gave myself a talking to: "I can sit here and whinge or I can do something about it." It spurred me on to reanalyse the things I valued: my freedom and adventure. My Pacific row became all about reclaiming freedom. My entire preparation period happened during lockdown. There I was, breaking all the rules, sneaking out to get my boat prepped. We were governed by this thing that made no sense to me whatsoever and I was angry… I prepped angrily! But it gets stuff done.

RE-EVALUATING LIFE

As a child, if ever there were someone jumping off a cliff or going on every single upside-down theme park ride, it'd be me. I'd be at the front of the line and the one saying, "Put your hands in the air!" I love taking the risks – yes, there's always a little bit of fear, but that's exciting to me. I know I'm alive when I'm a little bit scared!

Around about the time I turned 38, I took a good, hard look at my life and said to myself, "If this is as good as it gets; if I'm just going through the motions, standing in the queue, taking whatever's handed to me… forget it, I'm out, I'm done." So, I thought, "Well, you'd better do something about that! You'd better start living your life differently on a level that's going to excite you; that's going to feed and fuel your soul." I set three goals for myself. One: I don't want to die wondering. If there's something that plagues me long enough, I've got to answer to it, adopt a new attitude, become a new person. Two: I want to live a life less ordinary – I don't want to be caught in the nine-to-five matrix. ►

DAY 62
Start thinking you can, and yo

Michelle aboard her boat, *The Australian Maid*, on day 62 of her Pacific voyage.

> I could either sit in the cabin and cry or just get the job done.

That's not me. And three: I can keep whingeing and bitching about it, or I can do something about it. And that's pretty much how I ended up where I am and why I do what I do. For a while, I used to fight with myself: "Why can't you just settle down like everyone else?" But I've been there, done that: it's not how I want to see the rest of my life out. Then, a friend threw down the gauntlet and said we should do the Kokoda Challenge [a team endurance event run in Melbourne, Gold Coast and Brisbane], and I said yes – as long as I can turn 40 while on the hike! I turned 40 on day two of the course. Now it's like I've set a theme: every 10 years I've got to do something big. I turned 50 just three days before I paddled out from Ensenada, Mexico [the starting point of Michelle's Pacific row] on August 8, 2022.

BATTLING THE MIND

I did no mental preparation work for the Atlantic Ocean row, because I actually thought, "Oh, this will be my heaven!", imagining being out there, away from the demands and the noise and the clutter of everything that is first world... Bliss. But, from day 46 of the journey, I struggled mentally every single day. The beauty of that was realising I really needed to do some work this time around. I needed a mental toolbox.

I came across the Silva Ultramind system [a method for meditation and controlling thoughts] and connected with the one Australian facilitator. I explained to them that I'd be doing a long-distance endurance rowing event: "You can't get a helicopter or assistance to me in case of emergency, and I'll be in the middle of the ocean. So, I need a mental toolbox to help me get control of my mind in moments of fear or overactive imagination. I need to be able to help my body heal itself from injuries..." I had 18 months to practise the techniques until I became confident with them and trusted them totally.

I listened a lot to [American scientist and author] Dr Joe Dispenza while rowing – he trains in dynamic meditation, which keeps you in a really mindful, meditative state as you go about your day. A rowing shift was 11 or 12 hours and I'd listen to a dynamic meditation guidance at least three or four times during a shift. There was a day where I had anxiety for the first time in my life. I couldn't breathe; it felt like all the air had been sucked out of the universe, and my limbs went weak. I thought, "Oh, wow..." My chest felt like an elephant was sitting on it! So, I made a sweet drink, forced a pot of food down and popped a homeopathic ampoule for anxiety in my mouth, put on a guided meditation and just got on the oars and started going through the motions. I said to myself, "You're not rowing for miles; you're just rowing to take your mind off this," and, within 20 minutes, I was back to baseline.

Taking a major leap is life changing. Do it scared! There are so many things I had to do that terrified me, like deploying my sea anchors and drogues [a device used to slow down in a storm and prevent the hull from becoming side-on to the waves] for the very first time. I'd never done that in real four-metre swell with 25-knot winds causing my whole boat to vibrate, and waves crashing over me, and I've got to get up to the bow and feed this anchor out... And you've just got to do it scared. I could sit in the cabin and wallow and cry and whatever, or I could just go get the job done. I literally went three, two, one, go! And the thing is, it's rarely as bad as you think it is.

LOOKING IN THE MIRROR

Being completely isolated and without distraction forced me to really get to know myself. I spent so much time reflecting on the way that I had done things in the past. I analysed how I could be very judgy! I wasn't proud to admit it, but I thought to myself, "Okay, now you've acknowledged this, you have an opportunity to do things differently." That awareness of my actions and the way I respond to things gave me a better sense of the way people are. At the end of the day, everyone's doing the best they can.

I ended up mending three relationships that had fallen apart, for whatever reason. While stuck in my cabin [Michelle had to spend seven days sheltering in her tiny cabin from the effects of Cyclone Gabrielle], I decided to put my pride and ego away and pick up the [satellite] phone and ask, "Can we move on? I miss you so much." It was such a simple thing, but it took so much. And each call went exactly the same way: "Michelle, I'm so glad to hear from you, yes, I'd love to put it all behind us!" It just felt so good and liberating, like I'm coming home to a clean slate. I'd recommend it to anybody: just drop your guard and allow yourself to be vulnerable. When you're being true and baring all, you seem to get it back.

Now that I'm back in society and dealing with all its demands, I'll really get to put myself to the test! But, you know, I just want to live with more compassion and be a bit less judgemental.

THE POWER OF FITNESS

My body never let me down once – it was unbelievable. I never woke up sore and I never got an injury. My training program was created to deal with the typical injuries you get in these kinds of long-distance rowing events: overuse injuries of the tendons, elbows, shoulder, sciatic pain, lower back pain, knee pain, ankle pain... And, for the last six months of training, it was really out of the box. [Veteran sailor and friend] Tony Roberts created my program and he had me hanging, climbing; he had me at the indoor rock climbing and bouldering gym... He focused on overloading all the muscles in my hands and my arms, flexors and extensors, so that, by the time I got on the oars, the boat felt light.

Everyone thinks, "Oh, you've rowed across the ocean so you'll be fit and strong and lean and, you know..." Well, actually all that I've done is one motion for eight months straight! So, while my pulling muscles are great, just walking on uneven terrain, the stability in my ankles is all a bit weak, and I have a lot of work to do with rebuilding. That excites me, though, because I love seeing progressive improvement and thrive on the discipline it takes. Exercise really is so important for mental health; it's an outlet and, obviously, when you see the results, it creates a sense of achievement and builds your self-worth.

EMBRACING ADVENTURE

I've had a chance to really analyse what a 'happy life' means to me and I still value the simple things most. Materialistic things are far less important to me than, say, going for a hike every Sunday with my three hiking buddies. Outdoors is my happy place, so I prioritise that.

I started this process of decluttering and downsizing about 10 years ago. I don't own anything except my boat, I've got minimal stuff in my wardrobe that I just wear to death. And it feels so good. What triggered the decluttering? A decision to say "yes" to opportunity during a solo holiday in Thailand. There, I met an Aussie who eventually said, "Look, I live on my yacht six months a year and I live in Thailand six months a year, and why don't you come with me? Next stop is the Bahamas!" And there I was, thinking of all the reasons why I couldn't do it. My friends said to me, "Come off it, Michelle, you're not married, you don't have kids, you don't have debt, you don't answer to anyone, just say yes!" So, I decided that's what I'm going to do: say yes to opportunity and work the details out later. And that was the start of all the adventures I've followed.

> All I need to know is that it's possible.

"Being completely isolated and without distraction forced me to really get to know myself."

Of course, there are people who think I'm a little bit mad for doing what I do... But, look: all I needed to know is that it's possible. I wasn't breaking a world first; someone has done this before. So, if they could do it, why couldn't I? That's my attitude for pretty much anything.

Fast fact

The adult human skeletal system contains 206 bones, with the tiniest being in the middle ear and the largest in the thigh.

WORDS: JENNIFER SAVIN, EMILY PRITCHARD, KATIE AVIS-RIORDAN AND SOPHIE BOYDEN. PHOTOGRAPHY: ISTOCK

MIND YOUR BONE BUSINESS

Keeping your bones healthy, durable and ready for a long, strong future makes all the difference in determining what you'll be able to do as you age. Follow these steps to keep your skeleton in top shape.

BY MERYL DAVIDS LANDAU

Until we break one, most of us rarely give our bones a second thought. But it's helpful to think of building strong, dense bones as being similar to adding money to your super account, says family and sports medicine physician Dr Michael Swartzon. Even if you have many years left in the workforce, you start making deposits now so it'll grow and be robust later. "Your 30s and 40s are crucial decades for building bone," adds women's health specialist Dr Jackie Thielen. "If you maximise that peak, you'll have more years later without problems."

The 'deposits' concept isn't merely a metaphor. We tend to think of bones as solid bricks that stop growing after childhood, but it turns out they're more like living sponges with a hard lattice structure and hollow sections inside. Our bones are continually changing: sometimes the bones are building up (known as formation), and at other times they're breaking down (resorption). ►

As we age, and especially after menopause when we lose the bone-building powerhouse oestrogen, formation slows down, making these hollow sections bigger. As with those retirement funds, if we haven't banked enough bone health before then, we won't be in the strongest position.

The most severe cases of bone loss result in osteoporosis, which is called a 'silent disease' because there typically are no symptoms until bone density is so low that fracturing is a risk. According to Healthy Bones Australia (previously Osteoporosis Australia), more than one million Australians have osteoporosis. In those aged 50 years and over, 66 per cent have osteoporosis or osteopenia (low bone density, a slightly milder but still serious condition). There are more than 173,000 broken bones each year due to poor bone health. Screening guidelines call for an initial bone density scan in women at 65, but also for younger women with high odds of having problems. Those most at risk include people who are thin; entered menopause early; take meds that cause bone loss; have inflammatory bowel disease, thyroid issues, rheumatoid arthritis or certain other conditions; had gastric bypass surgery; or have a parent who broke a hip (which may signal a genetic predisposition).

However, with awareness, you can get on the bone-building bandwagon. "There are so many things midlife women can do now to reduce their risk of osteoporosis later," says primary care doctor Kathryn A. Boling. Things like focusing on nutrition, doing certain exercises and leaning in to other lifestyle factors. Read on for more actions you can take today.

A massive 73 per cent of Australian females aren't consuming the recommended amounts of calcium.

SOURCE: NATIONAL NUTRITION AND PHYSICAL ACTIVITY SURVEY

6

positive ways to stronger bones

Make these lifestyle changes now to fortify your skeleton for years to come.

1 **Quit smoking** Tobacco users have lower bone mineral density (BMD), the key measure of firmness, in part because nicotine slows production of bone-forming cells. Stopping at any age is beneficial for your frame (not to mention the myriad other benefits). Visit icanquit.com.au

2 **Cut back on salt and sugar** Excessive salt depletes your body's calcium store, while high amounts of sugar interfere with bone formation. Aim to follow the recommended Australian guidelines: 460 to 920mg per day for salt; 50g per day for 'free' (added) sugar.

3 **Limit alcohol** Too much booze can throw off your body's calcium balance. Experts recommend a limit of one glass a day (100ml for wine; 285ml for beer), but never more than two.

4 **Sip selectively** Some research has linked coffee and certain fizzy beverages to weaker bones, but moderation seems to be key. If you're craving bubbles, reach for mineral water that contains significant amounts of calcium.

5 **Perk up your posture** Constantly leaning over your phone or computer puts pressure on the front of your spine. Since bones are always breaking down and building up, those pressure points could remodel awkwardly and become trouble spots, Dr Thielen says. Bonus: Correcting your posture will strengthen your core (a weak core is linked to osteoporosis).

6 **Consider switching meds** Some medication has the side effect of demineralising bones, among them steroids, certain seizure ones, GI proton pump inhibitors, aromatase inhibitors, blood thinners and many diuretics. The health benefits of these meds may outweigh the risks, but it pays to ask your doctor if alternatives exist, says Dr Swartzon. ►

Stock up on calcium

A whopping 99 per cent of our calcium resides in our bones and teeth. The mineral is necessary for keeping the heart beating and blood clotting properly. So, when we don't eat enough of it, our body goes shopping inside our bones and draws calcium into our blood, weakening bones, explains dietitian Amy Fischer. "And since your body can't make it, you must get it through diet or supplements," she adds.

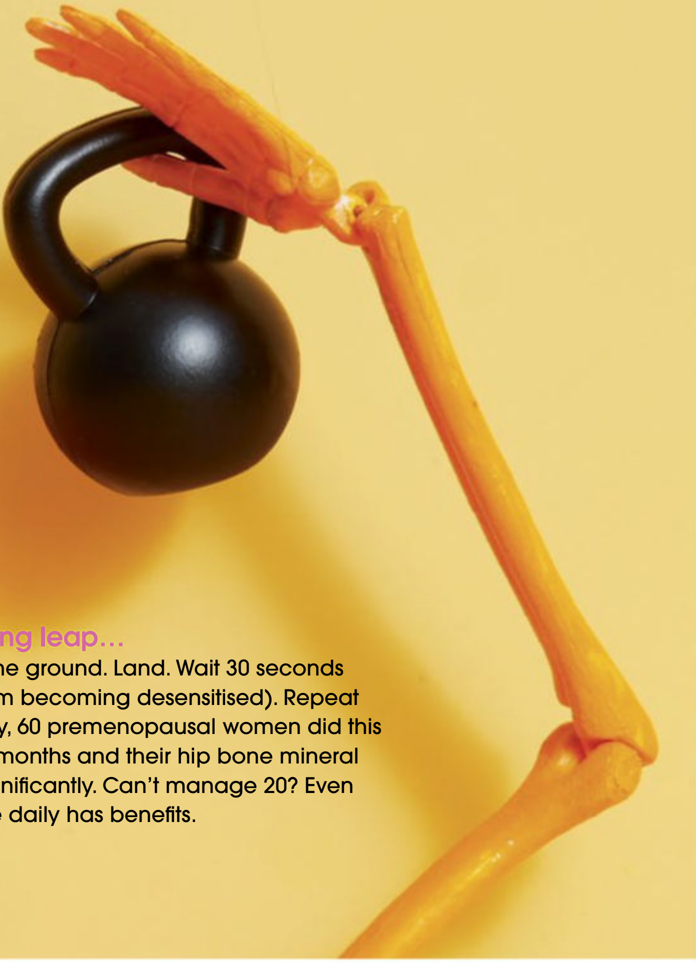
Australian dietary guidelines recommend women under 50 aim for 1000 milligrams (mg) of calcium daily, while those over 50 get 1300mg. (Don't forget vitamin D, which aids in calcium absorption. While some Aussies tend to meet their vitamin D needs from the sun, you should still aim for a dietary intake of 5 micrograms of vitamin D if you're a woman under 50 and 10 micrograms daily if you're a woman above 50.) To stock up on calcium, besides dairy, reach for vegies like broccoli, kale or Asian greens; canned sardines or salmon; firm tofu; and fortified almond milk.

THE BEST EXERCISES FOR YOUR BONES

To strengthen bones, you need weight-bearing movements, which push bone-building cells into action. "Bones need pressure on them to build the right way," Dr Swartzon explains. Aerobics, running, tennis, dancing, treadmills, elliptical machines and strength training do the trick, but things like swimming or cycling, while fantastic for your heart and muscles, aren't weight-bearing. Other weight-bearing activities include gardening (all that digging), walking or hiking and yoga. To add bone-strengthening to your busy day, try one of these quick exercises.

If you're not into traditional cardio…

Try what's called 5–10–15 training, in which you alternate high-speed, moderate-paced and slower running for that number of seconds, respectively, then repeat the cycle several times. Doing this three times a week increases levels of a protein involved in bone construction and boosts bone mineral density in less than two months, Danish researchers discovered. They think the sprinting part of the exercise may put the right amount of strain on bones to strengthen them.



Or just take a flying leap…

Stand up. Jump off the ground. Land. Wait 30 seconds (to prevent bone from becoming desensitised). Repeat 20 times. In one study, 60 premenopausal women did this twice a day for four months and their hip bone mineral density improved significantly. Can't manage 20? Even doing 10 leaps twice daily has benefits.

Bones of contention: THE TRUTH ABOUT BROKEN BONES

Time to strengthen your knowledge! Read on to find out which of these statements are really true.

STRONG BONES CAN'T BREAK

Fiction A big enough trauma can fracture sturdy bones. Injuries can range from a tiny hairline crack to an 'open fracture' in which bone pushes out of the skin (a bona fide medical emergency).

IF YOU CAN WALK ON IT, IT'S NOT BROKEN

Fiction Sometimes you still can! Symptoms of a possible break include swelling, tenderness, bruising and/or limbs looking out of place. But only an X-ray can tell for sure, so see your doc ASAP.

TREATMENT FOR A BROKEN BONE COULD INCLUDE SURGERY

Fact Depending on the bone and the severity of the injury, treatment may require immobilising it with a brace or a cast or realigning and stabilising it with surgery.

IT'S OKAY TO TAKE IBUPROFEN WHILE HEALING

Fact and fiction Pain reliever Ibuprofen can be taken, but only for a short period, because research has shown that nonsteroidal anti-inflammatory drugs (NSAID) can slow the healing of bones, damaged ligaments and other tissues in adults. Paracetamol is okay to use, but always double check with your physician first.

Frame of reference

Our skeletons are simply wonderful structures, as these facts illustrate.

The smallest bone in the human body is the stapes bone in the ear, which is about the size of a grain of rice.

The human skeleton is stronger than steel and concrete in terms of weight-bearing capacity. But don't test its limits!

The hyoid bone, located in the neck, is the only bone in the human body that doesn't articulate with any other bone. It plays a crucial role in speech and swallowing.

The spinal column is made up of 33 vertebrae, but some people may have an extra vertebra or one less due to natural variations.

More than half of your bones are in your hands and feet, and the way they're arranged is remarkably similar.

Bones are strong, but teeth are stronger: the enamel on your teeth, which are considered part of your skeletal system, is actually tougher than bones. Enamel protects the delicate nerves and tissue inside your teeth. In fact, your teeth can take more wear and tear than any of your other bones.

The female pelvis is generally wider and shallower than the male pelvis, which allows for childbirth.

Women's bones are more flexible than men's bones due to differences in collagen structure and hormonal influences.

Women are more likely to experience stress fractures (especially in areas such as the shin bone), which are tiny cracks in the bone caused by repetitive impact or overuse.

Some research suggests that women may have a higher pain threshold when it comes to bone fractures, possibly due to hormonal differences.

Curious about your bone health? Self-assess your risk online at healthybonesaustralia.org.au and then talk to your GP.

PHOTOGRAPHY: MIKE GARTEN; iSTOCK

Sleepy towns

Is bedtime becoming bad time? Savour deliciously long sleep-ins, and renew both your mind and body, at one of these dreamy restorative getaways.

BY UTE JUNKER

Sleep tourism, where travellers escape to exotic places to improve their quality of sleep, is on the rise here. And no wonder, with nearly half of Aussies reporting sleep issues.

Take in the panoramic views across the Blue Mountains escarpment from the luxurious Logan Brae Hilltop Cabin at Mt Kanimbla in New South Wales.

PHOTOGRAPHY: LOGAN BRAE

How do you try to nod off? A cup of chamomile tea? A chapter of your favourite book? Hotels around the world are now offering their sleepless guests other ways to drift off, including such treatments as head and foot massages using CBD-infused oil. "You'll find that treatment in a lot of five-star hotels because people love it, especially since we hold a lot of tension in our heads," says Chunxia Gao, group director of spa & wellness for Minor International, which operates upmarket hotels and resorts across Asia. Chunxia has been watching the growth of sleep tourism, the trend sweeping the travel world, which promises to give sleep-deprived people that solid night's rest.

Healing resorts

Head to the Swiss Alps, Bali or beyond and you'll find a luxury hotel or spa offering some sort of sleep assistance. It could be as simple as blackout curtains and night-time aromatherapy oils, or as intensive as the Anantara Sleep Program, which Chunxia's team oversees, an initiative that saw hundreds of people eagerly signing up last year.

Guests have sensors attached to their body while they sleep that record the various sleep phases and identifies issues with sleep patterns. The team then puts together a range of personalised tips that could cover anything from diet (what to eat, when) to dealing with light and noise disturbance, and pre-sleep rituals that could include anything from mindfulness exercises or reflexology to sleep music or sleep-inducing drinks. "Like fitness, good sleep is something you have to focus on throughout your life," Chunxia explains.

Sleep issues do more than just affect your mood. Over time, they can cause a range of serious health problems, from cardiovascular disease and diabetes to early onset dementia. The good news is that you don't need to travel halfway around the world to improve your shut-eye – you can begin a sleep detox right here. A good start is finding a peaceful hideaway where you're immersed in nature. Here are three idyllic places that'll make you feel like you're already dreaming away. ►

A sweet spot at the end of the road
Blue Mountains, NSW

Mid-afternoon is the perfect time to arrive at the Logan Brae Hilltop Cabin. Following the road along the ridge line of the Blue Mountains and then from Mount Victoria down to Kanimbla, the midday sun lights up views that gradually change from epic bird's-eye vistas to more intimate perspectives of the mountain's soaring cliffs and bush-filled valleys. As you head off the highway and onto local dirt roads, nearing the end of your two-hour trip, butterflies and dragonflies start dancing around your vehicle. By the time you enter the 36-acre property, following the road that slowly winds its way uphill, the outside world already feels a long way away.

Pull up at the cabin, set on the highest point in the Kanimbla Valley, and there's not another person in sight. The cabin's floor-to-ceiling windows offer an extraordinary panorama across the countryside to those magnificent mountains, which are about to start glowing in the rich, golden late-afternoon sun.

Here at the Hilltop Cabin (and its hidden-from-sight neighbours, the Woodland Cabin and The Lodge), you're far from anywhere – and that's the joy of it. Whether you opt to relax by the plunge pool, sit out on the deck or even curl up in the inviting lounge area with its stone walls, gleaming floorboards and modern fireplace, no one will disturb your relaxation... unless you're perturbed by eagles gliding overhead or kookaburras chuckling in the treetops nearby, that is.

If you do wish to pop out, there's lots to do nearby, from visiting the glow-worm tunnels (near Lithgow) to Blackheath's spectacular Campbell Rhododendron Gardens to walnut- or chestnut-picking outings at local farms. But don't be surprised if you find yourself staying put – and wondering just how soon you can head back and settle into that glorious bathtub with a view.
Visit loganbraeretreats.com.au ►

PHOTOGRAPHY: LOGAN BRAE

Soak up the scenic views of Kanimbla Valley as you relax in a stone bathtub at Logan Brae Hilltop Cabin. **Opposite, from top:** Surrounded by wild countryside, the retreat will help you unwind; snuggle up in the super-comfy bed amid sleep-inducing warm tones.

Enjoy al fresco dining at the charming 1860s Miner's Cottage. **Opposite, from left:** Experience uninterrupted sleep in the Fornasetti room, which features a king-size bed that can be split into two; browse the carefully curated spaces or simply read a book in a traditional window seat.

Stop and smell the roses

Trentham, Victoria

If you feel the urge to kick your shoes off when you walk into The Miner's Cottage, go right ahead. Both The Miner's Cottage and its neighbour, The Potting Shed – luxe lodgings at the adults-only Acre of Roses retreat in the pretty Victorian town of Trentham, about two hours northwest of Melbourne – have been designed to engage all the senses, and, yes, that includes what strikes the soles of your feet.

Expect textured rugs, weathered wood bedheads and soft-as-a-cloud blankets draped over the arms of the sofas, but it doesn't end there. There's also a cedar hot tub, filled with natural rainwater that's heated to an ambient 38–39 degrees Celsius, and a theatre room where you can catch up with the latest Netflix hit or stretch out for a spot of yoga (mats are provided).

Most of all, however, it's in the garden, the heart and soul of the working bio-dynamic micro-farm. Come at the right time and you'll find the air fragrant with the scent of the property's 1500 rose bushes. Look a little further and you'll also discover raspberry bushes and basil plants, beds of zucchini and rhubarb and a pantry's worth of fruit and vegies, all of which can be harvested to add to the dinner provisions already waiting for you in the kitchen. And, of course, tucked amid it all, there are seats and hammocks beneath shady trees, where you can relax and drink in the serenity.

Don't forget to breathe in deeply. Being 700 metres above sea level, the clear country air always cools down in the evening, making it super easy to drift off to sleep. **Visit acreofroses.com.au ►**

PHOTOGRAPHY: MARNIE HAWSON

Inspiration on the lake

Strahan, Tasmania

Looking to flex your long-dormant creativity? A couple of days at Bushy Summers, perched on the picturesque lake shore at Lettes Bay near Strahan on Tasmania's wild west coast, surrounded by World Heritage-listed wilderness, will do just fine. You won't need to read any how-to-do-it guides or practise mindfulness exercises either – all you need to do is open your eyes.

This fisherman's shack, lovingly restored by two artists, may be compact in size but is bursting with inspiration. Clever details abound wherever you look, from the oyster-shell chandelier above the bed (topped with luxe, flax linen bedding) to the vintage jugs by the claw-foot tub filled with wildflowers. Let your eyes drift across the interiors and see where your reverie takes you.

Or turn your gaze outside instead and let nature be your guide. Be mesmerised by reflections rippling in the water, or marvel at the morning mist draped gently across the trees on the far shore. Watch wild weather sweep in across the bay as you cuddle up on the couch, relax in the morning sun on the deck with a flock of curious ducks waddling up to visit, or slip on your gumboots and head out to explore the area's rugged beaches or creek-crossed forests.

One thing is for sure: late nights aren't on the itinerary. When you're this deeply immersed in nature, the only way to go is to give into it. Let your rhythms fall into line with those of the natural world. A quiet dinner, a warming cup of tea and you may even follow the sun to bed and drift off early to sleep. Come morning you'll be woken up in the most delightful way: by a visit from the resident ducks, who like to keep a friendly eye on visitors.

Visit bushysummers.com **P**

SWEET DREAMS CHECKLIST

FOOD Eating early – no later than two hours before bedtime – will help you sleep.

TEMPERATURE An overheated room is a quick route to restlessness, so try to keep it cool and add another blanket if necessary.

LIGHTING Turn on the mood lighting an hour or two before bedtime to help your body unwind. (Nothing relaxes like candlelight.)

DEVICES Turn them all off at least an hour before you're ready to turn in for the night.

RITUALS A bedtime routine, such as a mellow soundtrack, a warm bath and some hot milk, will remind your body to get ready for sleep.

Get back to basics in the lovingly restored Bushy Summers, which sits on the edge of beautiful Lettes Bay. **Opposite, from top:** Catch glimpses of the stunning bay (below) through a picture window from your comfy cast-iron double bed.

PHOTOGRAPHY: (LEFT PAGE, FROM TOP) CLAIRE LLOYD; ESTELLA MASON. (RIGHT PAGE) CLAIRE LLOYD.

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Fish with artichoke, cherry tomatoes and thyme (page 116)

On the menu this month ...

112
Low-carb dishes from around the world

118
Healthy breakfasts for delicate tummies

Serve any leftover
puttanesca sauce
over pasta, or
dip in with some
wholemeal bread.

Light of the world

Whether you feel like Italian, Asian or Greek, these nutritious, low-carb selections will keep you focused on the delicious flavour instead of your waistline.

CHICKEN PUTTANESCA WITH BROCCOLINI

SERVES 4 **HANDS-ON TIME** 10 MINUTES
COOK TIME 25 MINUTES

---

2 tablespoons extra virgin olive oil
600g chicken thigh fillets, visible fat removed
2 zucchini, finely diced
6 cloves garlic, sliced
2 anchovy fillets, finely chopped
⅓ cup green olives, pitted
1 tablespoon capers, drained
¼ teaspoon dried chilli flakes
2 tablespoons white wine vinegar
1 cup tomato passata (no added sugar or salt)
½ cup roughly chopped flat-leaf parsley
3 bunches broccolini, trimmed

1. Preheat the oven to 200°C (180°C fan-forced). Heat the olive oil in a large ovenproof frying pan over medium-high heat. Add the chicken and cook for 2 minutes on each side until golden brown (the meat will still be raw inside). Transfer to a plate and set aside.

2. In the same pan, cook the zucchini for 3 minutes or until softened. Add the garlic, anchovy, olives, capers and chilli flakes and cook for another 1–2 minutes until fragrant.

3. Add the vinegar and use a spatula to scrape off any bits caught on the bottom of the pan. Add the passata and ¼ cup water and mix to combine, and then return the chicken to the pan. Bring to the boil and then remove from the heat, cover and transfer to the oven. Bake for 15 minutes until the chicken is cooked through.

4. Remove the pan from the oven, add the parsley and stir it through.

5. Bring a medium saucepan of water to the boil. Add the broccolini and boil for 5 minutes or until tender. Drain.

6. Divide the broccolini, chicken and puttanesca sauce between four plates and serve.

NUTRITION *(per serve) 2219kJ/530cals. Protein 31.6g. Carbs 8.2g. Sat fat 10.1g. Fibre 7.8g. Sodium 539mg* ►

FISH IN SHIITAKE MUSHROOM BROTH WITH CHINESE GREENS

SERVES 4 **HANDS-ON TIME** 15 MINUTES
COOK TIME 15 MINUTES

4 dried shiitake mushrooms
1 cup boiling water
2 tablespoons extra virgin olive oil
2cm piece of ginger, julienned
2 spring onions, thinly sliced, white and green parts separated
750g mixed mushrooms, such as shiitake, enoki, Swiss brown, oyster, king brown
2 cups salt-reduced chicken stock
1 tablespoon salt-reduced soy sauce
1 bunch Chinese broccoli or choy sum, trimmed
600g boneless firm white fish fillets, such as barramundi, snapper or flathead (skin on)

1. Place dried mushrooms in a bowl and cover with boiling water. Let sit for 10 minutes, then drain, reserving liquid. Slice them into quarters.
2. Heat the olive oil in a large, deep frying pan over medium heat. Add the ginger, white part of the spring onion and all the mushrooms and cook for 2 minutes, tossing in the oil until fragrant.
3. Add chicken stock, reserved mushroom soaking water and soy sauce. Stir to combine, then add Chinese broccoli or choy sum. Place fish on top, cover and simmer for 10 minutes or until fish is cooked through and the greens are tender.
4. Divide the fish and vegies between four shallow bowls. Spoon remaining stock over top, garnish with the green part of the spring onion and serve.

NUTRITION *(per serve) 1252kJ/300cals. Protein 35.7g. Carbs 2.7g. Sat fat 2.7g. Fibre 3.9g. Sodium 676mg* ►

1½ cups of artichokes contain 68 per cent of your recommended daily intake of folate, which promotes healthy cell growth.

FISH WITH ARTICHOKE, CHERRY TOMATOES AND THYME

Recipe on page 116

Go nuts

Pistachios are super high in vitamin B6, which helps regulate blood sugar.

FISH WITH ARTICHOKE, CHERRY TOMATOES AND THYME

SERVES 4 **HANDS-ON TIME** 10 MINUTES
COOK TIME 40 MINUTES

---

3 tablespoons extra virgin olive oil
Pinch dried chilli flakes (optional)
5 cloves garlic, thinly sliced
1 small red onion, thinly sliced
5 sprigs thyme, leaves picked, plus extra thyme leaves, to serve
450g drained artichoke hearts
750g cherry tomatoes
2 zucchinis, thinly sliced
600g skinless, boneless firm white fish, such as snapper, barramundi or flathead
2 tablespoons white wine vinegar

1. Preheat the oven to 200°C (180°C fan-forced). Divide the olive oil between two medium-sized baking dishes (or one very large dish) and place in the oven for 10 minutes to heat the oil.
2. Carefully remove the baking dishes from the oven and divide the chilli flakes, garlic, onion and thyme leaves between the two dishes, tossing the ingredients together, allowing them to sizzle in the hot oil. Divide the artichoke, cherry tomatoes and zucchini between the two dishes, tossing to coat them in the oil.
3. Return the dishes to the oven and roast for 20 minutes. Carefully remove dishes from oven again, place the fish fillets on top and drizzle with the vinegar. Roast for a final 10 minutes until fish is cooked through and the vegies are softened.
4. Divide the roasted vegetables and fish between four plates. Spoon over any sauce pooled at the bottom of the casserole dishes, sprinkle with freshly ground black pepper and the extra thyme leaves and serve.

NUTRITION *(per serve) 1521kJ/364cals. Protein 34.3g. Carbs 8.8g. Sat fat 3.2g. Fibre 10.9g. Sodium 478mg*

PISTACHIO LAMB MEATBALLS WITH FETA SAUCE

SERVES 4 **HANDS-ON TIME** 15 MINUTES
COOK TIME 25 MINUTES

550g extra-lean lamb mince
1 egg
¼ cup almond meal
2 tablespoons raw unsalted pistachios, finely chopped
½ cup flat-leaf parsley, finely chopped
1 teaspoon extra virgin olive oil

Roasted cauliflower
1 small head cauliflower, chopped into 2–3cm chunks
1 teaspoon ground coriander
1 teaspoon ground cumin
2 teaspoons extra virgin olive oil

Feta sauce
¾ cup natural yoghurt
40g reduced-fat Danish goat's feta

Salad
1½ tablespoons pine nuts
½ cup mint leaves
400g cherry tomatoes, halved
1 continental cucumber, cut into half moons
Juice of ½ lemon
3 teaspoons extra virgin olive oil

1. Preheat the oven to 200°C (180°C fan-forced).
2. For the roasted cauliflower, place the cauliflower on a baking tray and sprinkle with the coriander and cumin. Drizzle the olive oil over and toss to coat the cauliflower in the oil. Bake in the oven for 25 minutes or until tender and browned on the edges.
3. Meanwhile, place the lamb mince, egg, almond meal, pistachios and parsley in a large bowl and use your hands to combine the mixture really well. Scoop out tablespoon-sized amounts of the mixture and roll into balls.
4. Heat the olive oil in a large frying pan over medium-high heat. Add the meatballs and cook, tossing regularly, for 7–8 minutes until they're brown all over and cooked through. Set aside.
5. To make the feta sauce, place yoghurt and feta in a bowl and mash together with a fork until smooth.
6. For the salad, place a non-stick frying pan over medium heat. Add the pine nuts and toast for

2–3 minutes, tossing, until golden brown. Transfer to a bowl with the remaining salad ingredients and toss to combine.

7. Divide the feta sauce between four shallow bowls. Top with the roasted cauliflower, the meatballs and serve with the salad.

NUTRITION *(per serve) 2114kJ/506cals. Protein 40.4g. Carbs 13.8g. Sat fat 7.2g. Fibre 5.6g. Sodium 288mg*

Edited extract from *The CSIRO Low-Carb Diet Easy 100* by Professor Grant Brinkworth and Dr Pennie Taylor (Macmillan, $39.99). Photography by Jeremy Simons and Rob Palmer.

CSIRO
EASY 100
#1

Gentle start

These healthy, scrumptious breakfasts are kind to delicate tummies, as each dish avoids common foods that trigger IBS symptoms. So, tuck in and start the day right!

SPINACH, FETA AND PINE NUT OMELETTE

SERVES 1 **HANDS-ON TIME** 15 MINUTES
COOK TIME 5 MINUTES

1 cup baby spinach leaves, firmly packed
¼ cup reduced-fat feta, crumbled
2 large eggs
1 tablespoon lactose-free milk
1 teaspoon butter
1 tablespoon pine nuts

1. Wilt the spinach leaves in a lightly oiled pan over medium-low heat and fold through the crumbled feta. Set aside.
2. Lightly whisk the eggs with milk and a pinch of freshly ground black pepper.
3. Preheat a non-stick frypan over medium heat and add the butter. Spread the butter over the surface of the pan until it starts to sizzle.
4. Pour the egg and milk mixture into the frypan and swirl the pan to create a round omelette shape. Cover with a tightly fitting lid and cook until the omelette is almost cooked.
5. Spoon spinach filling over half the omelette, cover and cook for approximately 20 seconds. Remove the lid and sprinkle with pine nuts.
6. Tip the pan towards the serving plate and fold the omelette in half to encase the filling. Slide the cooked omelette onto the plate and serve with low-FODMAP toast (see note).
Note Gluten-free, low-FODMAP bread is available at all major supermarkets.

NUTRITION *(per serve) 1588kJ/380cals. Protein 26.8g. Carbs 2g. Sat fat 9.6g. Fibre 1.9g. Sodium 672mg* ►

For your complete FODMAP eating guide, download the Monash University FODMAP Diet app. For more info, visit monashfodmap.com

GREENS BREAKFAST PIE
Recipe on page 122

CARROT AND ZUCCHINI FRITTERS WITH POACHED EGGS

Recipe on page 122

Tums up

Rich in fibre, zucchini promotes both healthy digestion and good gut bacteria.

GREENS BREAKFAST PIE

SERVES 8 **HANDS-ON TIME** 15 MINUTES
COOK TIME 40 MINUTES

2 tablespoons garlic-infused olive oil
130g leek greens, finely sliced
75g Tuscan kale, stems removed and coarsely chopped
1 cup parsley, roughly chopped
6 eggs
¼ cup lactose-free cream
1 teaspoon Dijon mustard
1 lemon, zested
6 sheets filo pastry
60g butter, melted
30g parmesan, grated

1. Preheat oven to 180°C. In a large frypan over medium heat, heat the garlic-infused oil. Add the leek and cook for 4 minutes or until softened, stirring occasionally. Add the kale and cook, stirring often, for 2 minutes or until wilted. Add the parsley and stir to combine. Set aside to cool.
2. In a medium-sized bowl, whisk together the eggs, cream, mustard, lemon zest, as well as some salt and pepper, until combined. Set aside.
3. Oil a 24–26cm pie dish or shallow casserole. Place the filo on a clean surface and use a dry tea towel to cover the pastry. Layer a damp tea towel over the dry towel to prevent filo from drying out.
4. Brush a sheet of filo with melted butter and place it in the pie dish with the edges hanging over the sides. Brush another sheet of filo with butter and place it at right angles to the first sheet. Continue until all the filo and butter are used, brushing the final layer of filo with butter.
5. Arrange the greens mixture over the filo. Pour in the egg mixture and sprinkle over the grated parmesan. Fold the edges of the filo towards the centre to partly cover the filling. Bake for 40 minutes or until the filo is golden, then serve.
Note This recipe is fairly low in kilojoules, so bump up the kJs with a wholegrain roll each.

NUTRITION *(per serve) 1302kJ/311cals. Protein 10.3g. Carbs 9.8g. Sat fat 11g. Fibre 2g. Sodium 346mg*

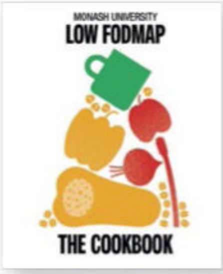
CARROT AND ZUCCHINI FRITTERS WITH POACHED EGGS

SERVES 4 (MAKES 12)
HANDS-ON TIME 10 MINUTES
COOK TIME 15 MINUTES

3 medium-sized carrots, grated
170g zucchini, grated
½ cup gluten-free flour
1 teaspoon ground cumin
1 teaspoon ground coriander
½ cup coriander leaves, roughly chopped
½ cup spring onions (green tops only), roughly chopped
1 egg, whisked
½ teaspoon sea salt
2 tablespoons garlic-infused olive oil
4 eggs, poached

1. Place the carrot and zucchini in a sieve. Using a paper towel, press into the sieve to draw out the excess moisture.
2. In a large bowl, combine the carrot, zucchini, flour, spices, coriander leaves, spring onion, whisked egg and salt. Season with freshly ground black pepper and mix well until combined.
3. Heat 1 tablespoon of oil in a large frypan over medium heat. Scoop ¼ cup measurements of mixture into the pan and fry for about 3 minutes on each side. This will need to be done in batches.
4. Once fritters are cooked, place them on a plate lined with paper towel to absorb any excess oil.
5. To serve, place the fritters on a plate and top each serve with a poached egg.
Note This recipe is fairly low in kilojoules, so bump up the kJs with a wholegrain roll each.

NUTRITION *(per serve) 1116kJ/267cals. Protein 9.2g. Carbs 23g. Sat fat 2.7g. Fibre 4.8g. Sodium 414mg*



Edited extract from *Monash University Low FODMAP: The Cookbook* (Monash University Publishing, $59.99). Photography by Mark Roper, Sarah Wilson, Meryl Batlle and Lee Blaylock.

WALNUT, SEED AND COCONUT GRANOLA

SERVES 20
HANDS-ON TIME 15 MINUTES
COOK TIME 25 MINUTES

---

3 cups rolled oats
1¼ cups walnuts, roughly chopped
¼ cup linseeds
¼ cup pumpkin seeds or pepitas
¼ cup chia seeds
1 teaspoon ground cinnamon
½ cup coconut oil, melted
½ cup maple syrup
1 teaspoon vanilla essence (extract)
½ cup coconut flakes
¼ cup dried cranberries, roughly chopped

1. Preheat the oven to 180°C. Line a baking tray with baking paper.
2. In a large mixing bowl, combine the oats, walnuts, linseeds, pumpkin seeds, chia seeds and cinnamon.
3. Add the melted coconut oil, maple syrup and vanilla essence. Mix well until coated.
4. Pour granola onto baking tray and press down evenly with back of spoon.
5. Bake for 10 minutes, then remove the granola from the oven, break it up with a spoon and re-compress into an even layer. Bake for another 10 minutes or until light golden.
6. Remove from the oven and add the coconut flakes. Bake for a further 2–3 minutes or until lightly toasted.
7. Allow the granola to cool for at least 45 minutes and then stir in the cranberries and serve.

Note You can store the granola in an airtight container at room temperature for up to two weeks.

NUTRITION *(per serve) 958kJ/229cals. Protein 4.1g. Carbs 14.3g. Sat fat 7.6g. Fibre 3.7g. Sodium 3mg*

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Clean bill of health

Most pets don't love being washed, but these tips will make the scrub-a-dub easier and also keep them in good health.

BY LIZZ SCHUMER

BATH FREQUENCY

How often you should wash your dog depends on two main factors: their breed and their lifestyle. If your dog spends a lot of time outside digging in the dirt, splashing around in puddles or playing at the dog park, they may need baths more often than a pup who spends the majority of their time inside. Short-haired breeds need baths less frequently than those with longer, thicker coats. Baths that happen too often can strip the naturally protective oils from your pet's skin and coat, which can lead to or worsen dryness and irritation.

Generally, vets recommend bathing a short-haired dog once a month or so. Long-haired dogs may need to be washed more often if you're unable to brush them clean, or they can be taken to a groomer if they require more extensive cleaning. Pets with dermatological issues or fleas or other parasites who need medicated baths may need bathing at different intervals – if yours fits into one of these categories, check with your vet.

Cats, on the other hand, generally can bathe themselves, says vet Dr Jennifer Lauren Lopez. "Cats are meticulous when it comes to licking themselves, putting their scent on themselves and, in essence, self-grooming," she explains. Healthy cats can keep themselves clean as long as they're able to groom effectively. Older cats or those with mobility challenges, like arthritis, may need a little extra help. Hairless breeds also need bathing, as sebum and oils can build up on their skin.

Even if you don't put them in the tub, it's important to give both dogs and cats regular skin checks, trim their nails and make sure the insides of their ears look and smell clean. ►

> *I've always trained my pups to make it a fun thing to jump in the bath, like a game.*

Run your hands over their body at least once a month to check for any irregularities. If you notice lumps or irritated spots, or their ears smell funky, take them to the vet.

WHY PET-SAFE SHAMPOO MATTERS

It's tempting to use laundry detergent, dishwashing liquid or your own shampoo on your pet, but household soaps could dry out your pet's skin. And, because the pH of dogs' and cats' skin is different than that of humans', the formulation of and added perfume in human shampoo can irritate their skin and lead to itching. Your dog's veterinarian or groomer can recommend a good shampoo for their hair and skin type.

That said, some situations can require special cleaners, Dr Lopez notes. For a pet that gets into something particularly messy, like oil or sap, or rolls in something unpleasant in the park, and for kittens that are too young for anti-flea baths, using dishwashing liquid may be necessary. Rinsing actually matters more than which cleaner is used, as residue from even the gentlest shampoo can dry out a pet's coat. "The rinsing should take at least as long as the lathering," she advises. "Use a little less shampoo and a lot more water."

CLEAN SMARTER, NOT HARDER

Get your dog used to bath time when they're young to make it less of a chore for all involved. "I've always trained my pups to make it a fun thing to jump in the bath, like a game," Dr Lopez explains. "That is, 'Get in the bath, you get a treat' – but they don't necessarily get a bath every time." She also recommends tiring out water-averse pets beforehand with a long walk, dog park visit or play session so they won't have as much energy to resist. Some dogs like to distract themselves with their favourite toys in the bath, just as children do.

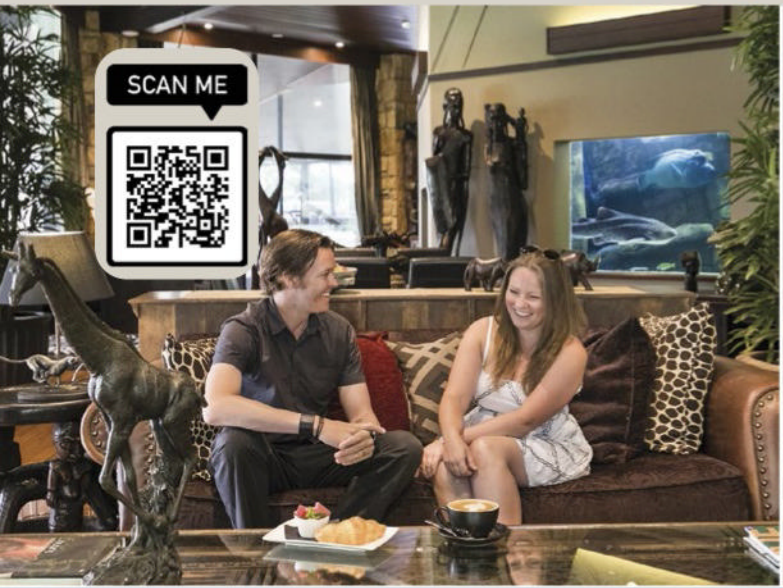
When it's time for a bath, gather all your tools – including shampoo, any brushes or combs for long coats, treats to keep them calm and a towel for drying them off. Placing a non-slip mat on the bottom of the tub can make a skittish pet feel more secure.

DRY THEM THOROUGHLY

Nobody likes wet dogs rubbing themselves on the rug, couch or bed, but that's not the only reason to dry them well when they get out of the bath. "A damp coat could lead to skin infections, matted hair or more of a mess if they get outside in the yard," Dr Lopez says. You can use a hairdryer on a low setting, but be careful not to let it get too hot. To make getting dried off feel like a fun snuggle session, Dr Lopez likes using microfibre drying mitts that slip over her hands instead of traditional bath towels. While your pet probably won't get sick from having wet fur, they can get chilled, so be sure to dry them completely.

PHOTOGRAPHY: ISTOCK

JAMALA
WILDLIFE LODGE



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JAMALA
WILDLIFE LODGE

Sonia Henry

The GP and author, 37, left the city life behind to work in a remote mining town in WA's Pilbara region. Here, she shares what she's learnt about life.

1 **THE BEST THING I LEARNT FROM LIVING IN THE PILBARA IS...** how small I am compared to all that desert and sense of time. The Pilbara is one of the oldest parts of the earth. Anyone who isn't humbled by a place like that can't be human.

2 **LIVING SO REMOTELY MADE ME REALISE...** that life is simpler in many ways. It's easier to get to know yourself in remote parts of Australia: less background noise and a lot of peace to be found.

3 **IT'S IMPORTANT TO REMEMBER THAT...** we have one short life. The only thing we can't get back is time. Money, work, the rest of it – those things are important, but I try to not get so caught up in ticking the boxes of a perceived successful life that I forget the life I want to live.

4 **AS A GP, I BELIEVE THAT...** honesty is essential, but can be delivered with kindness. We can't lie to our patients, but I've never bought into the 'tough love' school of medicine.

5 **THE THING ABOUT BEING ALONE IS...** you're never truly alone if you're at peace with yourself. And often you can't find peace until you learn to be alone.

6 **FRIENDSHIP MEANS...** people who genuinely celebrate your successes, and genuinely commiserate when you fail.

7 **HEARTBREAK IS...** inevitable! But from the depths of terrible pain can come strength and self-knowledge.

8 **WHEN PEOPLE CALL ME A 'SAVIOUR', I SAY...** I don't even like my patients calling me 'doctor', so 'saviour' is an absolute no! In the end, the only person who can save you is yourself, although doctors can certainly help.

9 **IN MY LIFE, CROCODILES ARE...** metaphors for all our hidden fears! But also very real, as I work in a lot of croc-heavy environments.

10 **HOME IS...** you. You're the only place you know you can always come back to. **P**

Sonia is the author of two books, Going Under (Allen & Unwin, $19.99) and Put Your Feet in the Dirt, Girl (Allen & Unwin, $34.99), with the latter chronicling her real-life journey from hard-partying Sydney medical intern to dust-covered rural GP.

COMPILED BY ANDREA DUVALL

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